

JOURNAL OF NURSING

Jocularity

The Humor Magazine for Nurses

SECOND
CLASS
POSTAGE
PAID

FANTASTIC DEAL

From

Terrific
Offer!

JNJ!

FREE GIFT
WITH A 3 YEAR
RENEWAL

Limited Time Only! Renew Your Subscription to the Journal of Nursing Jocularity for 3 years and get our Brand New Book FREE!

"WHINORRHEA AND OTHER NURSING DIAGNOSES"
is OVER 200 PAGES of the Best of JNJ from our first 3 years.

Hilarious Stories, Sidesplitting Cartoons and More!

Don't Miss Out on This Offer. The Book Retail for \$18.95.

\$18.95
VALUE!

SPECIAL OFFER RENEWAL FORM

YES! ☐ I would like a 3 year subscription to the Journal of Nursing Jocularity for the low price of \$36.95. Not only will I save 32% off the single copy price, but I'll get the "Best of JNJ" book free, with my paid subscription.

Canadian and Foreign orders, add \$6.00. Payment must be in U.S. Funds.

Mail your subscription orders to: JNJ, 5615 W. Cermak Road, Cicero, IL 60650

Name _____

Address _____

City/State/Zip _____

WHINORRHEA

AND OTHER NURSING DIAGNOSES

The Blue and White Years of the Journal of Nursing Jocularity



The Best of JNJ: 1991-1993
Edited by Fran London, MS, RN

Keeping Afloat After Breast Cancer:

The Breast Cancer Awareness Cruise

April 18-21, 1996 on the Carnival "Fantasy"

Featured Speakers

Sherry Goldman, Nurse Practitioner: Working shoulder to shoulder at the UCLA Breast Center with Dr. Susan Love, Sherry encounters breast cancer patients daily.

Trudy Harris, Exercise Consultant: Trudy is a private trainer and exercise consultant to UCLA Breast Center.

Jane Hill, Humorist: Jane is a comedienne, humorist, keynote speaker and a breast cancer survivor, who has performed for thousands of cancer survivors, at seminars, conventions and comedy clubs

Robert Hollander, JD, LCSW-C: Bob facilitates breast cancer support groups for men and couples at Carroll County General Hospital in Westminster, Maryland.

Lillie Shockney, RN, BS, MAS: She is a nationally published author on her personal experiences with breast cancer.

Ricky Stouch, Advocate: She has gone to Washington to lobby for more research funds, is a founding member of several breast cancer groups, and organized the UCLA Breast Center's first patient Resource Center.



Topics to be presented:

Joining the Club: The Reality About Breast Cancer

Keep Laughing to Keep Healthy

Hormonal Replacement Therapy

Breast Cancer Information - Where to Find It, How to Educate Yourself

Nutrition and Breast Cancer Prevention

Breast Cancer and the Woman I Love: Support for Men

Exercise and Breast Cancer

Lymphedema

Advocacy, Lobbying and Getting Involved

Keep Laughing to Keep Healthy Comedy Show

Educational topics for breast cancer survivors and spouses

Attention on deck! Now here this! A special opportunity awaits you. All breast cancer survivors, their spouses, women concerned about breast cancer risk and health care professionals who provide care to these women are all invited. This special conference held on board the Carnival Cruise Ship "Fantasy" will provide those attending an opportunity to learn, share, and celebrate.

For a complete brochure, or more information, call 602-835-6165

or see our World Wide Web page at: <http://www.jocularity.com/bc-crus1.html>

JOURNAL OF NURSING

Jocularity

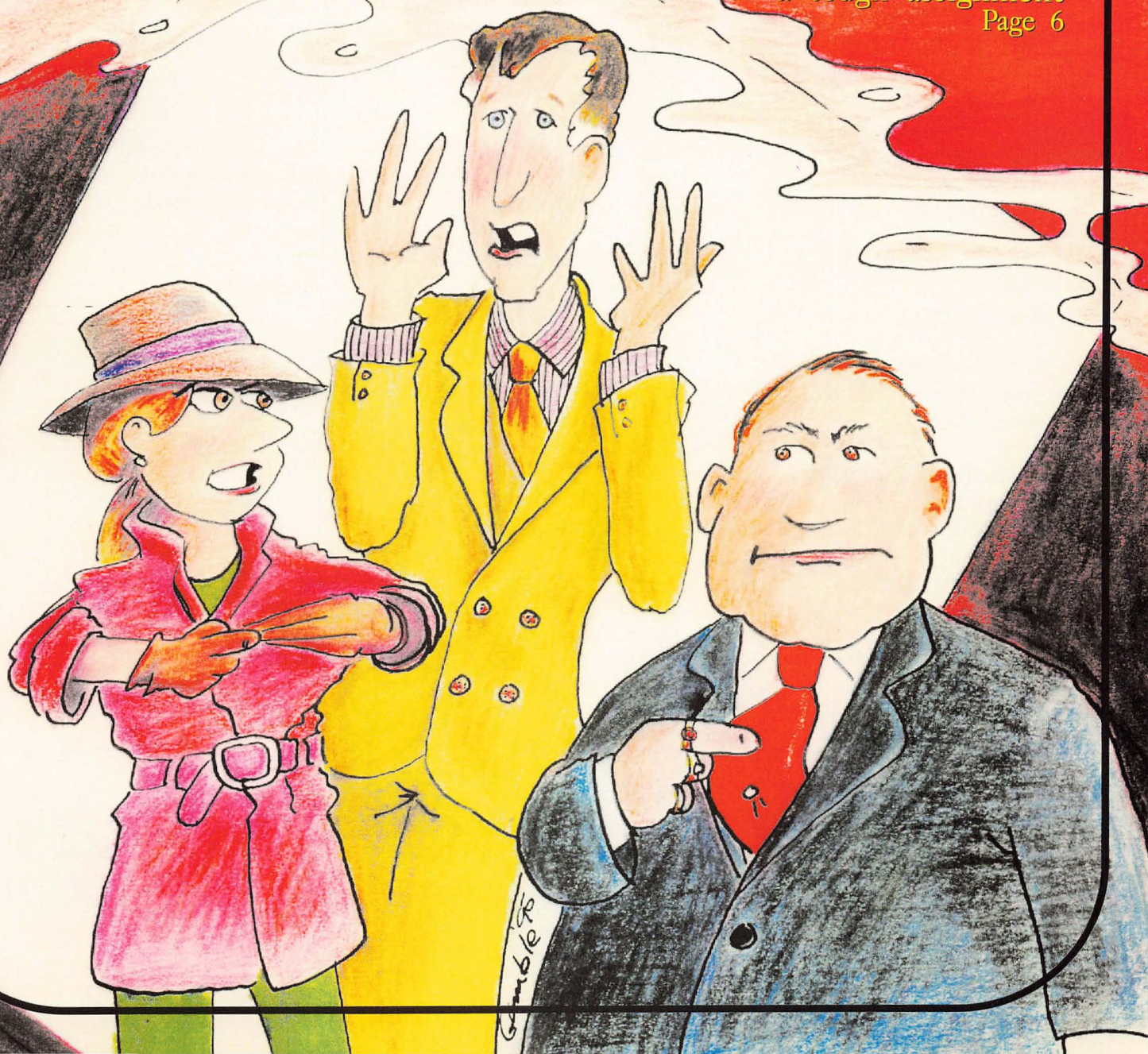
The Humor Magazine for Nurses

Volume 5, Number 4 - Winter, 1995

My Glove is Quick

A hardboiled nurse takes on
a tough assignment

Page 6



THE JOURNAL OF NURSING JOULARITY®

Volume 5, Number 4 Winter 1995

Publisher

Douglas Fletcher, RN
LaffinRN@neta.com

Send Correspondence to:

Journal of Nursing Jocularly
P.O. Box 40416
Mesa, AZ 85274

Editor

Fran London, MS, RN
CompuServe 74462,606

<http://www.jocularly.com>

Contributing Editors

John Baringer, RN
Surgical ICU
Tucson, AZ

Colleen Gullickson, RN, PhD
Assistant Professor
Ridgeway, WI

Judith Vallery, MSE, RN
Education
San Antonio, TX

Nancy Burden, RN, CPAN
Post Anesthesia/Ambulatory Surgery
Clearwater, FL

Frances Kiefer, MSN, RN
Staff Nurse
Bemidji, MN

Sue Falkner Wood, RN
Writer
Clovis, CA

Anita Bush, RN, PhD, CCRN
Critical Care
Fairbanks, AK

Susan Kravitz, RN, MS
Psychiatric Nursing
Valley Stream, NY

Patty Wooten, RN, BSN
Humor Consultant &
Professional Clown
Davis, CA

Karyn Buxman, RN, MS
HumoRx
Hannibal, MO

Katherine Robertson, RN, BSN,
MSN
Community Health Nursing
Fort Drum, NY

Illustrators

C. J. Miller, RN
School Nurse
Washington, IA

Mark Darby, RN
Mental Health
Omaha, NE

Andrea H. Sangrik, RN, BSNA
Psychiatric-Mental Health
Cleveland, OH

John Wise, RN
Post Anesthesia
Clearwater, FL

Pauline Donnelly, RN, BSN
Medical Imaging
Bridgeville, PA

Liz Schultz, RN, BSN, CPAN
Student of Nurse Anesthesia
Lincoln, NE

Carol Edson, RN, BA
Hospice
Livermore, CA

Bina Goodman Simon, RN, BSN
Telemetry
Evanston, IL



Change of Address??

Don't miss a single issue of the Journal of Nursing Jocularly. Send your mailing label and your new address to:

JNJ - Address Change
5615 W. Cermak Rd.
Cicero, IL 60650-2290

The U.S. Postal Service does not forward magazine after 60 days of your address change. Please allow 8 weeks for Change of Address to be effective.

Journal of Nursing Jocularity®

Table of Contents

Vol. 5, No. 4 Winter 1995

Features

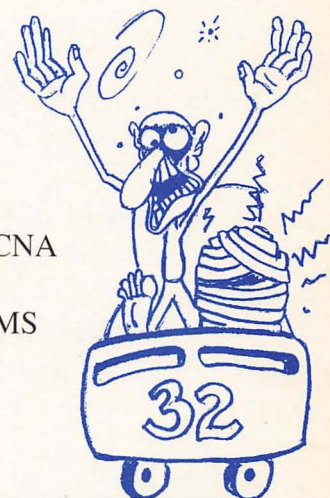
- 6 My Glove is Quick**
by Evette Grins, RN
Illustrated by Jim Gamble, RN
- 9 P.A.C.U.** by Elaine Tuten, RN
- 10 Maladies, Mishaps and Muck**
by Toni D. Helfrick, RN, ACLS
- 12 EKG with Aberrancy** by Marie Moseng, RN
- 15 Getting What You Wish For**
by Carol Cramer, RN
- 18 Almighty Source of Healing**
by Bruce Tretbar, RN and Molly Myers
- 22 Personality Plus!** by DeLila R. Chrisp
Illustrations by C.J. Miller, RN
- 25 Top Ten All-Time Unbearable Visitors**
by Andrea H. Sangrik, RN, BSNA
- 26 Don't Ask Me, I'm Just a Shepherd**
by Christopher Hughes, RN
Illustrations by C.J. Miller, RN
- 28 An Axe Job?**
by DeLila R. Chrisp
Illustrations by Carl Elbing, RN, BSN
- 29 The Phenomenon of Anal Varicosities**
by Sharon K. Broschious, MSN, RN, CCRN
and Laura J. Grieve, MSN, RN, CCRN
- 31 Health Care Partners: Sharing the Quarters**
by Frances Kiefer, MSN, RN



- 32 JNJ Grows Up!**
by Doug Fletcher, RN
- 34 I've Read About It . . .**
by Kathie DeMatteis, RN, MN
- 35 Health Care Reform**
by Bonnie Gaskins, LPN

Cartoons

- 11 Rough Time** by Stan Reda, CNA
- 20 Forms** by Mark Ayers, RN, MS
- 21 ER**
by Ben Boykin, RN
- 21 NPO**
by Laura Georgevich, RN
- 36 The Cocktail Hour**
by Chelly McKay, RN, BSN
- 37 The Adventures of PMS, the PM Supervisor**
by C.J. Miller, RN
- 45 Historic Moments in Nursing**
by Samuel F. Engs, RN
- 47 Sorry Prince . . .** by John Wise, RN reprinted
with permission from Tales from the Bedside II
- 48 The Night Nurse** by Don Marquis



Departments

3 Editor's Note

4 Stethoscope:

Listening to Our Readers

16 Stories From The Floor

Edited by Mark Darby, RN

Illustrated by C.J. Miller, RN

19 Nurse's Notes

by Betty Harness, RN and

Susan Ames, RN, MS

20 Call Lites, The JNJ Joke Collection

Edited by John Baringer, RN

24 Liven Up! Fun for Folks at Work

Edited by Colleen Gullickson, RN, PhD

30 Student Nurse Cut-Ups

Edited by Judith Vallery, MSE, RN

39 Games and Puzzles

Punchline Puzzler

Cartoons by Samuel F. Engs, RN

and C. J. Miller, RN

Medical Mindbenders

by Karyn Buxman, RN, MS

Famous Founders

by Bina Goodman Simon, RN, BSN

Night Nurse Crossword Puzzle

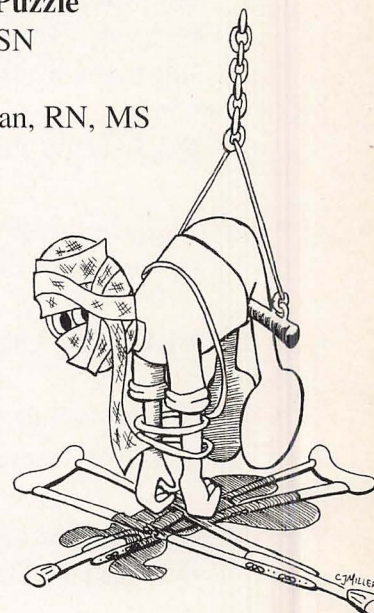
by Sandie Molloy, RN, MSN

44 HumoRx by Karyn Buxman, RN, MS

46 Jest for the Health of It

by Patty Wooten, BSN

48 Bubbly-ography



Journal of Nursing Jocularit[®] (ISSN 1055-3088) is published quarterly (February, May, August and November) by JNJ Publishing, Inc., 1815 W. 1st Ave., Suite 122, Mesa, AZ 85202. Second-class postage paid at Mesa, AZ., and additional mailing offices. The Journal of Nursing Jocularit publishes humorous and satirical works in the fields of Nursing, Medicine, and other related disciplines. Send letters and manuscripts to JNJ, P.O. Box 40416, Mesa, AZ 85274.
World Wide Web: <http://www.jocularit.com>

POSTMASTER: Send address changes to Journal of Nursing Jocularit, 5615 W. Cermak Road, Cicero, IL 60650-2290.

To Subscribe: Send check or Money order (U.S. Funds only) to 5615 W. Cermak Rd., Cicero, IL 60650. See ad on page 43. We are unable to start subscriptions with back issues. Your first issue may take up to 12 weeks for delivery.

Address Changes: Send address changes to Journal of Nursing Jocularit, 5615 W. Cermak Road, Cicero, IL 60650-2290. Please include mailing label when making change of address or inquiring about your subscription. Allow 8 weeks for change of address to become effective.

Subscription Rates

USA	1 Year	2 Years	Canada, Mexico and Foreign	1 Year	2 Years
	\$14.95	\$25.95		\$18.95	\$29.95

The name Journal of Nursing Jocularit is a Registered Trademark under exclusive license to JNJ Publishing, Inc.
© 1995 by JNJ Publishing, Inc. All rights reserved. Material in this publication may not be reproduced in any form without permission.

Journal of Nursing Jocularit is indexed in the Cumulative Index to Nursing & Allied Health Literature.
Printed in U.S.A.

EDITOR'S NOTE

I joined an exercise facilitation facility. Oh, they call themselves a Fitness Center. But they only attend to one part of fitness. The kinetic stuff.

Sure, they address some other concerns obliquely. Their juice bar alludes to the importance of good nutrition. But they're obsessed. The message is clearly: *exercise is serious business*. They've even got a chiropractor on duty, so if you hurt yourself you can get it fixed right away, like an athlete in an important game, and get back out there.

Their computerized equipment makes you choose whether to compete with the clock, yourself or imaginary rivals. How many watts in how many minutes at how many revolutions at how many miles per hour burning how many calories. The electronic feedback has no engaging commentary. No funny little graphics. The place has no sense of humor.

Wouldn't it be more reinforcing if the exercise machine screens provided amusing little images of fat cells melting? Or rewarded achievements with a joke or a song? Or showed your competitor in a lap race hitting a rock, falling off his bike and breaking a femur?

Well, you get my point.

What does this have to do with nursing? Think of your patients. Ever had one who opted for a high fat, high sodium, high nicotine intake, despite the consequences?

Even if you know something is good for you, and you have everything at your disposal to comply, you

may choose not to do it. Sometimes it just isn't pleasant enough to follow through. You're tired of doing what you *have* to do. You just want to relax and have fun. You deserve it.

People make choices based on pain and pleasure. The trick is in defining what is painful and what is pleasurable. If you find it pleasurable to have firm calves, you might be motivated to stay on that exercise bike. But how do you stick with it when it takes so long, it makes you (yeech) sweat and you can't remember why firm calves are worth the effort?

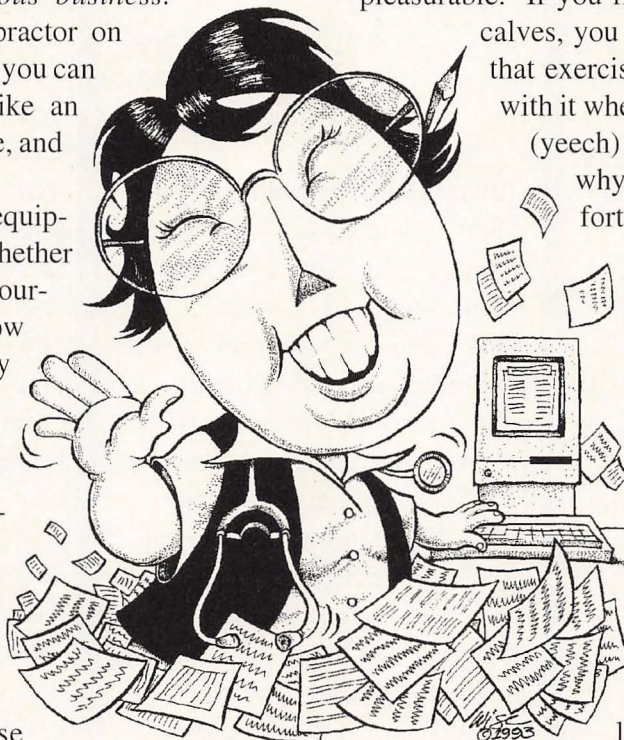
As patient educators and health coaches, we need to attend to not just our learners' physical needs, but to *all* their needs. We cannot assume they are unambivalently motivated to learn and change. It is not frivolous to address their frustrations, their fears and their boredom. Adding humor to our patient encounters is not a nice extra. If we are to succeed at promoting lifestyle changes that can make a difference, humor is essential.

How are you using humor to enhance your professional practice? Tell us. Let's share ideas.

Fran London

Fran London, MS, RN
Editor

Addendum: It saddens up that author Marie Moseng, RN, died on August 5, 1995 after a battle with cancer. She did not see her article on page 12 in print.



Stethoscope:

Listening to our Readers



Please send a brochure on the Jocularly Cruise.

I delayed writing to request this because I never know if you are serious, but having read the same ad on two different issues, and not finding any suspicious comments, I'm taking the chance it's on the level. Thanks.

Annette Ruddy
Amarillo, TX

Editor's note: Yep, the cruise is real. And we're filling up quickly! Another risk of humor: use it a lot, and people don't know when you're serious.

You surprised me greatly by including Woman's Hospital in the Fall, 1995 issue. We are such a fine, innovative facility offering state of the art health care to women and neonates . . . How sad I was to see that our name was spelled incorrectly on page 14. ["Hospitals: What's in a Name?" by Larry Marlin, RN]

Your question deserves an answer. Yes, men do come to

Woman's Hospital . . . hundreds a month. We stress fathering, family involvement in illness and childbirth, and total interaction with the men in the lives of our clients . . . Best wishes from Woman's Hospital.

Sissy Crapanzano, RN, BSN
Coordinator, Nursing Staff
Development
Baton Rouge, LA

Imagine my pleasant surprise when I came across a copy of your summer 1995 issue in the lounge of the CCU where I work! Finally, a journal I could read without worrying about memorizing half of! I worked my way around it, sampling here and there, giggling and laughing, seeing reflections of much of the craziness that goes on. Then I began reading "Starting a Humor Cart." What a laudable goal, I thought.

Also imagine my surprise when I read that a witch's hat was one of the items on the cart. As a practicing Pagan, I immediately thought, "how would I feel if I saw someone using this in a humor routine?" The answer is "offended." Please tell Ms. Bihn that Wicca (also known as witchcraft) is a legally recognized religion. If she does not feel comfortable including a bishop's mitre, or an Hasidic Jew's hat and side curls, or a Native American

headdress, or any other ethnic or religiously identified headgear (or other wear for that matter) as fodder for humor, then please don't include a tall pointed black hat. It's not that witches don't have a sense of humor (we do, I've enclosed some examples) or can't poke fun at ourselves . . .

While most of us are aware that the general public is ill-informed about Wicca, it is still hurtful to be typecast (you might reread "The Sea Witch" in that same issue). I am enclosing some information about what Wicca really is—a pre-Christian, Earth honoring religion that is NO WAY related to Satanism (a popular misconception—witches don't even believe in the Christian Satan, much less worship such a hateful being). . .

Please tell Ms. Bihn that if she has been in nursing for any period of time, she has undoubtedly taken care of Pagans, and probably witches . . . Some of us are even nurses.

Branwhen
Felton, CA

I enjoy the *Journal of Nursing Jocularly*. I also enjoy the art work on the cover. Could you put the address label on the back, as to not distract the cover?

Joan Smith, RN
Dunmore, PA



Editor's note:

We enjoy the art work, too, and would love for our subscribers to get its full effect, without distractions. Unfortunately, the United States Postal Service dictates the location of the address on magazines, as it does on envelopes.

I have a comment for Patricia Marrello, MS, RN, Assistant Director of Nursing: A general lack of humor and inability to relate to the "common" nurse is largely why nursing administrators are not respected and why they make so many unpopular decisions. My nurse administrator found the copy of "So You Want to Be a Nurse Executive" I gave her to be humorous. The copy of "Images of a Perfect Nurse" I hung up in our conference room remained there for quite some time. My advice: Lighten up.

Thank God we can laugh, because goodness knows, there's not much to laugh about in this age of budget cuts and perpetually low morale. Maybe if nurses in management were less concerned with the "image" they put forth, the number of initials they can list after their names and the number of dollars they can cut from their budgets and more concerned with the quality of care the patients in their institutions receive, the morale of their nursing staff and keeping in touch with the everyday reality

of a staff nurse working through the mire of too-much-to-do-with-not-enough-help, such individuals wouldn't quibble over the innocent entertainment found in reading the funny (if not always to everyone) slice of nursing Americana found in the *Journal of Nursing Jocularity*.

This, you might be interested to know, is the only nursing journal I have ever bothered to read from cover to cover on a regular basis. While I may not laugh uproariously at every article, and I don't appreciate profanity being quoted, it doesn't stop me from smiling, laughing, guffawing, and sometimes experiencing laughter-induced tears from those articles that remind me of my day-to-day experience as a staff nurse (you know, that rare bird who labors away full-time on "the floor," caring for patients . . .) on a busy surgical floor. Thanks for putting out a publication that does what so many are afraid to do (for fear of endangering their "professional" image): poke some fun at a profession that sometimes takes itself entirely too seriously in those trying times!

*Kerry L. Rodgers, RN
La Crosse, WI*

I'd like to thank you for providing a relief from the everyday stresses of ICU nursing. I really enjoy each issue filled with special nursing humor. As to those who don't care for your publication, pass



it on to someone who will.

Cindy Ryba, RN, BSN

Quite a while ago, I wrote suggesting that nurses might wish to write to other nurses as "pen pals." You probably did not receive my letter. It may be somewhere in a dead letter office. I hope it experienced a death "with dignity . . ."

I still believe there are some "real" nurses (ha, ha) and "student" nurses who would benefit from communicating with other nurses (student or otherwise) and you should consider starting a column. Despite JNJ, we still need some TLC and communication with others experiencing similar job stresses.

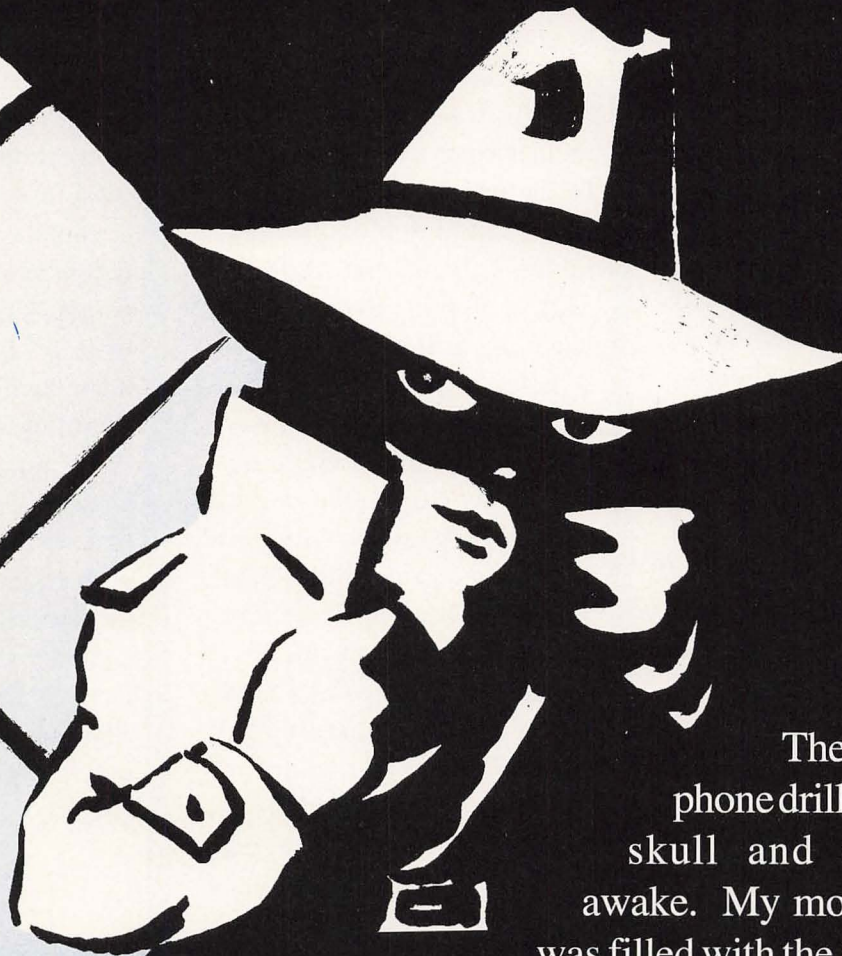
*Carolyn Libby, RN
Lewiston, Maine*

Editor's note: Well readers, what do you think?

Send your correspondence to: JNJ Stethoscope, P.O. Box 40416, Mesa, AZ 85274 or email to LaffinRN@Neta.com. We reserve the right to edit letters for length and clarity.

My Glove is Quick

Evette Grins, RN



The clamor of the phone drilled through my skull and dragged me awake. My mouth felt like it was filled with the gauze packing I'd pulled out of the lanced abscess on my last patient's butt.

I squinted at the clock. Eleven AM. The phone was still ringing, my head was pounding and I figured I might as well get up. I picked up the receiver. A cool, businesslike voice asked if I was Tess Tosterone, if I was a private RN for hire, and if I'd be interested in picking up a few bucks on an easy case.

"Yeah, yeah, yeah," I said. I didn't really want to take on a new case right then, but I needed the money—the bills on my table were piling up faster than the dust on the dishes in my sink. I scribbled the information on the back of an old patient ed sheet and mumbled something about being over there in an hour.

I showered and put on my last clean uniform. The jar of instant coffee was as empty as my bank account, so I just chewed up some coffee beans and swished the gritty stuff down with boiling water. Nursing isn't for sissies.

I headed out, feeling almost human. But questions about the case were starting to bother me—especially when I got to the address I'd been given. It was a stone mansion that screamed of big money. I walked up the driveway and all I could think was, "Why?" Why would someone this rich, who could afford a whole staff of flunkies-in-white, want to hire a hard-bitten loner like me? There was only one possible answer—the job would be dirty. I didn't know just how dirty, but it didn't matter. In this racket, you learn to take the cases as they come.

I rang the bell and a for-real butler showed me in and left me in a hallway where each marble tile must have cost more than I earned in a year. A few minutes later, six feet of trimly built, blow-dried manhood came down the curved stairway, and suddenly my body told me how long it had been since I'd had something hard inside me that wasn't a speculum. "Hi, gorgeous," I said, trying not to leer too much.

He said, "Miss Tosterone?" His voice sent little ripples of excitement up and down my spine.

"Call me Tess, sweetheart," I cooed in my huskiest tone. "And what do people call you when they want you real bad?"

"Bert Hansom."

"You sure are, honey," I murmured appreciatively. "Are you the one who phoned?"

"No, that was Ernie, my partner."

"And are you the patient?"

"Oh, no!" he laughed.

"Too bad," I said. "I could really take care of you."

"The patient is upstairs," he coughed. "Come with me, please."



"I just might, Bert," I said meaningfully. "But let's take care of business first, okay?" I followed him upstairs and finally got a look at my patient—suddenly I knew just how big the stakes were in this case. There on the bed was Donald F. Rump himself, America's premier corporate raider, supposed to be worth better than a million bucks for each of his 400-plus pounds. He lay there like a whale out of water, gasping and in pain.

Sitting by the bedside was a slightly healthier-looking version of the patient. Maybe 300 pounds, sweaty and unshaven, but breathing normally. He stood up and greeted me.

"Miss Tosterone, I presume? I'm Ernest Rump. I called you in to take care of my brother, Donald."

Something about the way Bert went over and took Ernie's hand and held it against his cheek told me that I wouldn't be dancing the silk-sheet samba with Bert after all.

"What's the diagnosis, Rump?" I snapped.

Ernie looked at me carefully before answering. "I don't suppose I need to inform you that this matter is highly confidential."

I managed to stop myself from slamming him up against the wall. Instead, I just said, "You already know the answer to that one, Rump. You called me in because you heard I'm a pro. So I have to figure it's something big, something so big your regular staff couldn't handle it. Now suppose we quit wasting time. Just lay it out for me."

"Tell her, Ernie," Bert urged. "I think we can trust her."

"All right. As you see, my brother is in consid-

erable pain. The doctors say he's badly—uh—impacted, and they want to operate to relieve what they have called an intestinal obstruction. But we'd prefer to take care of this little problem without hospitalization. Can you help?"

I gave the patient a quick but skillful abdominal exam. He had increased bowel sounds but no rebound tenderness. I looked back at Ernie. "How long has he been this way?" I gritted.

"His last—uh—number two was over a week ago."

"And what have you done about it so far?"

"Well, we gave him some Ex-Lax, but . . ."

Something inside me finally snapped. I grabbed his shirtfront and shoved my nose in an inch from his face.

"Listen, Rump," I hissed. "You ever so much as look at a box of Ex-Lax again and I'll tie your arms into a knot around your neck, you hear me?"

"Ooh!" exclaimed Bert. "Could you show me that?"

Ernie struggled to get loose, then yelped, "I hear you. Please, let me go!"

I released him. He fell into a chair, then tried to regain his composure as I grilled him about his brother's diet. I wasn't surprised to hear that Donald Rump lived on rich foods—high-fat meats and refined sugar, but almost no fresh fruits and vegetables. I also wasn't surprised to hear that the doctors who had seen the patient hadn't asked any questions about his diet. Typical.

"Can you help?" Ernie asked anxiously.

"Yeah, Ernie, I can handle this." I told him how much I charge.

He looked surprised. "That's all?"

"That's all. You see, unlike your brother here, some people just want to make a fair living for their work. But I guess you wouldn't understand that." Donald Rump groaned loudly, and I wondered if what I'd said had gotten to him.

"What are you going to do?" Bert Hansom

asked me.

I opened my case and took out a bunch of Chux, a basin, fresh gloves, an enema set, and my institutional-size tube of K-Y jelly. "You don't want to know," I grunted.

"Oooooohhh!" swooned Bert. "Could you show me that?"



I chased Bert and Ernie out of the room and got to work. From his moans and groans, I guessed Donald Rump wasn't enjoying it any more than I was. But I did what had to be done. That's what they pay me for. Then I helped the patient walk to the bathroom to finish the job. He took a while—he had a week's worth of it inside him. Meanwhile, I stuffed my gloves and the soiled Chux into a plastic bag.

Rump looked pale but relieved when he staggered out. I helped him back in bed. Then I washed up, but I knew it would take more than soap to make me feel clean again after this job. Finally, I let Bert and Ernie back in.

Ernie rushed to his brother's side. "Are you all right, Donald?" The patient nodded. Ernie turned to me. "I don't know how to thank you, Miss Tosterone."

"You want to thank me?" I growled. "Then get him on a proper diet. That goes for you, too, Bozo. Low-fat vegetarian, lots of fiber. Maybe the two of you can still head off coronary artery disease, diabetes, cancer and a rerun of this situation. That's how you can thank me. That, and pay me."

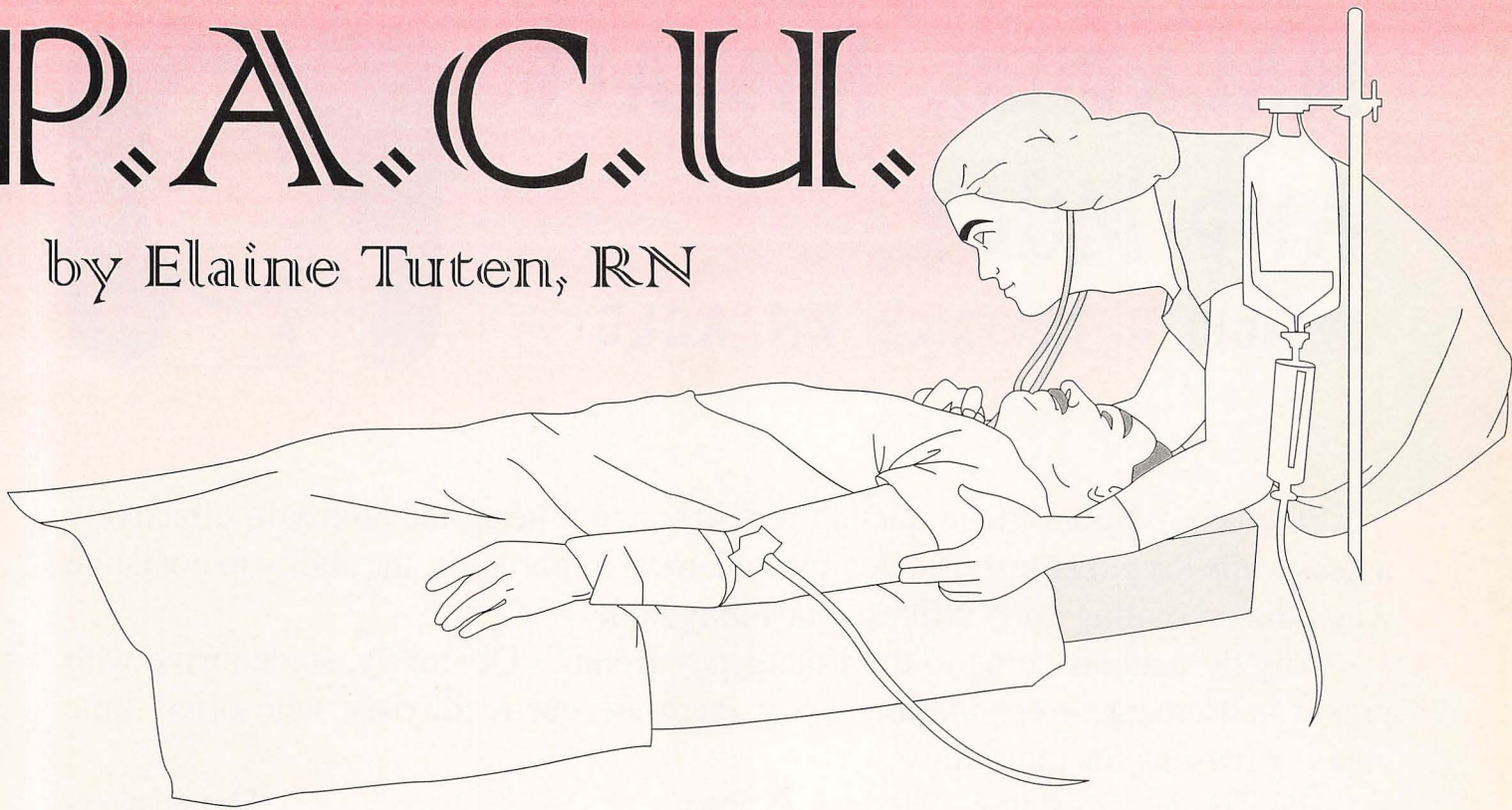
I wrote out a report for the doctors, collected a check from Ernie and handed him a patient ed sheet on diet and nutrition. Then I got out of there. Back out onto the streets, into what passes for fresh air in the city. The rain was coming down hard, but I didn't mind. I figured it might wash away the stench of the Rump brothers by the time I got home.

The dirty dishes were still marinating in my sink, but they'd have to wait. I took a long shower and tried to clear my mind for the next case. Maybe, for once, it would be something clean and easy. But somehow I doubted it.



P.A.C.U.

by Elaine Tuten, RN



If being a front-line, total care, patient advocate, never-let-'em-see-you-sweat kinda nurse is your bag, then PACU is the place for you!

They send us their tired, and especially their poor, their down-trodden, their NPO, their dehydrated and chemically imbalanced.

They send 'em in clean and they send 'em in dirty, they come in plain and sometimes purty, rich or poor, it makes no matter, short or tall, thin or fatter.

We assess and comfort, we calm and medicate. And we are ever present and ready to repeat over and over and over: "Lie still." "Leave that on your face." "Take a deep breath." "Put your arm down." "Don't pull on that!" "Go ahead and pee, you have a catheter." "Your surgery is over." "Because you had an operation!"

We assess orientation. "Do you know where you are?" If they are not sure, we give 'em multiple choice: (a) Hospital (b) Mall (c) Never-Never Land. A or C are considered one and the same. "Do you know what day it is?" A day on either side of the correct day counts in their favor. "How old are you?" If they respond with an age they have ever been, they

get a point.

We endure foul language, temper tantrums, kicking, screaming, biting, spitting, demanding behavior, total lack of cooperation. And that's from the doctors.

We change the linen from wet and cold to warm and cozy. We pad and pamper and keep a watchful eye. We observe every B/P, pulse, SAT, and respiration. We hold the basin and bring the cool cloth, and prop the pillow "just so" for comfort. We titrate the pain medication to ease their misery. We're by their side until they're awake and with the program. We escort them to their room, and tuck them safely into bed. We visit them the next day and get that "deer caught in the head lights" look that says they have never seen us before in their lives.

We work "flexible hours," that is, any hour of the day or night. And when we're not working, we're "on call." Ours is not the glamorous life of 9 to 5.

So if your career has cooled down and become predictable and boring, if you've had enough and don't know what to do, fill out that transfer form for PACU!

MALADIES, MISHAPS AND MUCK

BY TONI D. HELFRICK, RN, ACLS



Emergency Room triage nursing requires a cool head, the ability to effectively assess while keeping the traffic flowing and, most importantly, the ability to not laugh when the presenting party strikes your funny bone.

Why do patients come to the Emergency Room? Obviously, some arrive with urgent and emergent conditions. Then there are our recidivists, who offer some creative reasons for returning.

The Triage Slip states, "Medical Problem: _____" The answers some patients fill in are . . . unique. Here are some I have personally dealt with:

"I have ukaris pain."

"I have high blood." (Also "low blood" and "bad blood.")

"I have a second degree burn on my right wife." (Where is the left wife?)

"I have bronicals." (Sounds like a musical instrument.)

"I came for a technical shot." (You've come to the right place.)

"I have trouble with my virginia." (This is Florida, Dear.)

"I have pain in the grain." (No doubt a poet.)

"I have a hearache." (Combined headache and earache?)

"I have trouble with my sponge." (Sink sponge or tub?)

"I have pain in my wee-wee." (This man is 40 years of age.)

"I have food in my esophagus." (Most of us do.)

"I have a problem." (Yep. But WHAT IS IT?)

"I have been dizzy for three months." (Has the E.D. been closed?)

"I ate half a bar of Ex-Lax." (I wonder—is she constipated or a chocolaholic?)

"I have something in my foot."

"I have buckteeth"

"I am psyche." (Does she have a crystal ball or tarot cards?)

"My penis is irritated." (Maybe we made him wait too long.)

"I had a rash, but none at present." (Nice of you to stop by.)

"I have an old bullet wound." (Five years old! A birthday?)

"I have deterioration in my mental status." (Amazing. Most of us wouldn't admit that.)

"I have Tory stools." (I wonder—is he a Whig?)

"I fell one foot from a roof." (Incredible! And he lived)

"I swallowed a dime."

- "I have an impification." (Trying to impress me with big words?)
- "I have fireballs in my universe." (Fibroids in her uterus?)
- "I take Latex." (It's amazing she's alive! We'd better hide the gloves.)
- "I have a heart arrhythmia—just released." (From where?)
- "I have a large growth on my right foot for eight years."
- "I'm out of my Dioxin." (Sounds like a pesticide. I imagine a weed-infested garden.)
- "I need some neosperm ointment." (Don't think we have that.)
- "I have sixty five a roses." (Cystic fibrosis?)
- "Chest pain and storam pain." (Does that mean she keeps the *storam pain* for a rainy day and then conjures it up?)
- "Don't no. I might have chicken pots."
- "Medical Problem: Many." (Could you be more explicit?)
- "Problem urinadin. P." (Yep, think I've got that one.)
- "I have a finger." (I have ten of them.)
- "I passed a large clog." (Roto-Rooter can use your savvy.)
- "Medical Problem: Stomach." (Yep, I have one of those, too.)
- "Was hit by another vehicle this morning." (Is patient a vehicle, also?)
- "Back and neck stuck." (Stuck where?)
- "Tick in back." (Did he swallow a clock?)
- "Pain in back running down by . . ." (Down by WHAT?)
- "Cut mouth acting sleepy" (Acting sleepy and cut mouth, or is your mouth acting sleepy?)
- "Return from Fish with meds. Will explain." (Hope so.)
- "Sick." (No doubt, a man of few words. May I have a little more detail?)
- "Pebble in right ear." (O.K. I won't ask how it got there.)
- "Infected blister on heel of fool." (She forgot to cross the *t*, maybe?)
- "Son's arm hurting—not using." (If he's not using it anyway, why did you come in?)
- "Breathing, coughing and joking." (Two out of three are good.)
- "Headache dizzy." (Hey, is this a new beverage?)
- "Medical Problem: bust mouth" (I won't touch that one.)
- "Vomatine, pain in below and back paints."
- "Cold feeling in middle of chest and metal taste."
- "Hi Fever, and I will go into convotion."
- "Ear ace."
- "I have swollan glanes."
- "Pain with penis. Pain all over."
- "Bladder proplem."
- "Head ace, can't breath."
- "Horriable sore throat. Youngest son has streph."
- "A girl burn me. I need a techatut shot."

As you can see, the things you *can* say, and the things you would *like* to say are two different things. All in all, triage is enjoyable and challenging, as well as surprising. I always said I loved diversity.



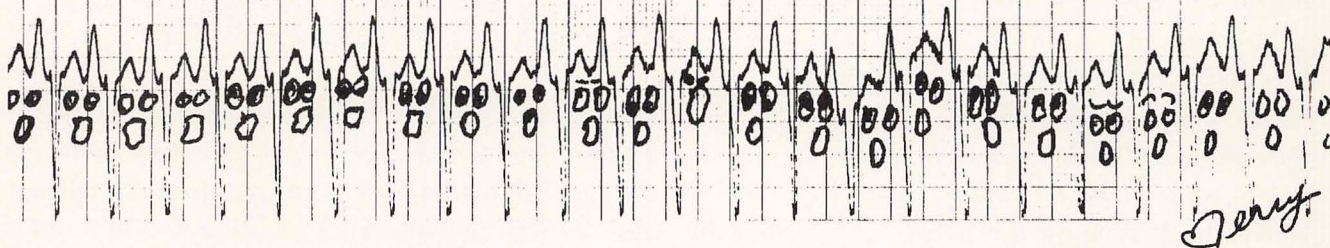
ekg with aberrancy

by Marie Moseng, RN

As a nurse on a telemetry unit, I often watch monitors. I frequently see things that doctors do not see. Actually, my colleague Lori was the first to see these things, and she taught me. I thought if I shared these insights, you, too, could pick up the subtle signs on telemetry strips.

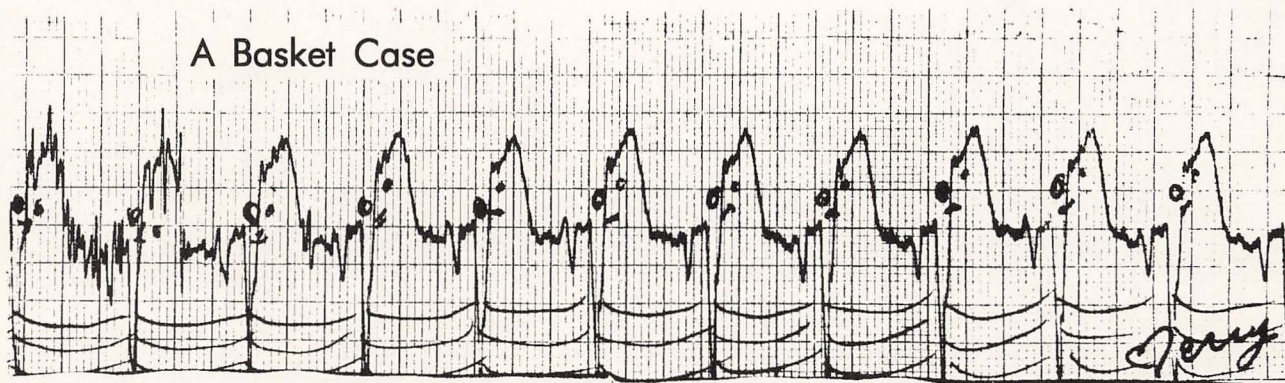
For instance, the doctor thought this patient was in atrial fib. But I could see that she was having frightful palpitations from something in her life that was scaring her half to death.

Frightful Palpitations

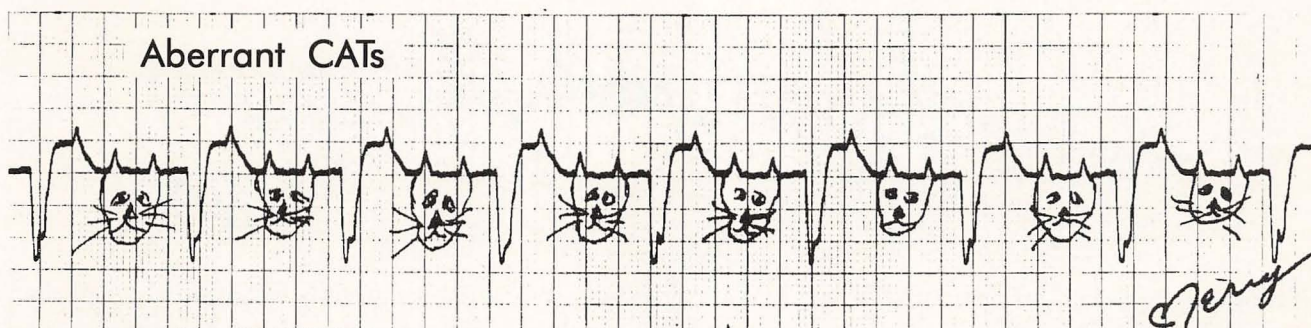


The doc digitalized her and was very happy when she converted to sinus and her rate slowed down. But as you can see, this lady became a real basket case and needed forty sessions with a therapist before she was ready to face the world again.

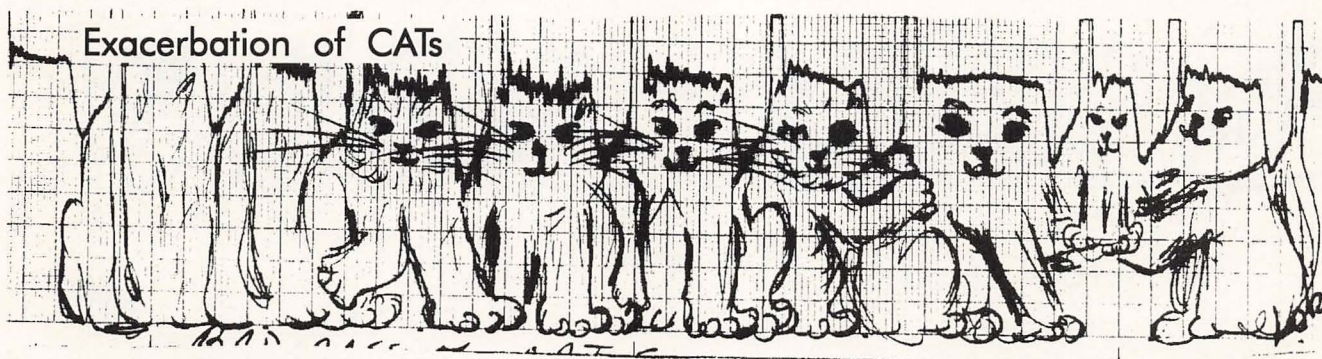
A Basket Case



Of course the cardiologist diagnosed this case as atrial flutter. But I could see that she also had aberrant CATs. The doc decided to change her meds. I thought she'd be fine if we just changed her kitty litter.

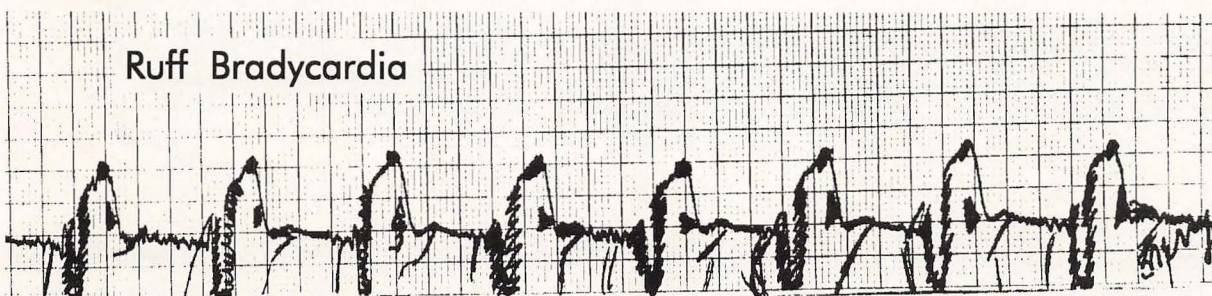


The next time we saw this patient her CATs were the worst we'd ever seen.

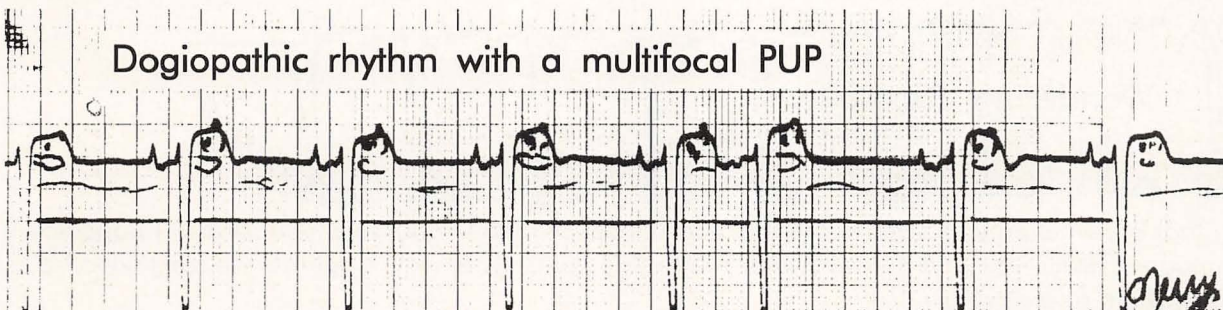


We don't know what became of this patient. But the last time I spoke to her she was talking about going to the pet store to buy a canary.

This man confided to us that he feared he was going to the dogs. His telemetry strip confirmed that was true. I thought he needed to get a new leash on life.

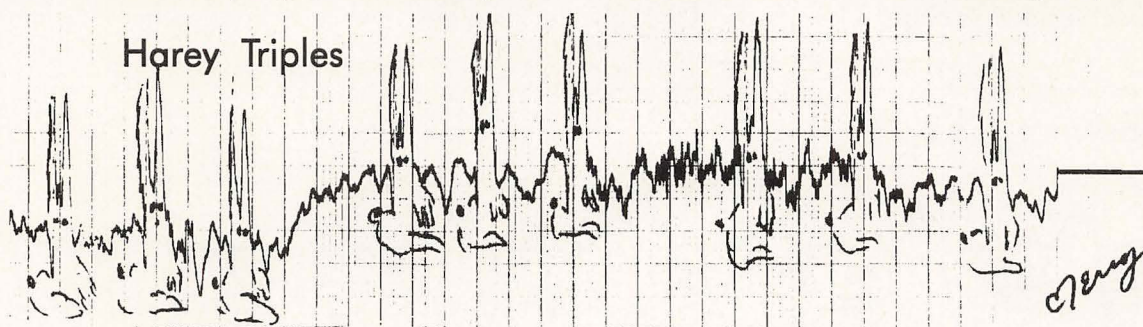


The doctor prescribed Ativan. After a few doses he was still going to the dogs, but he was a lot more calm about it.

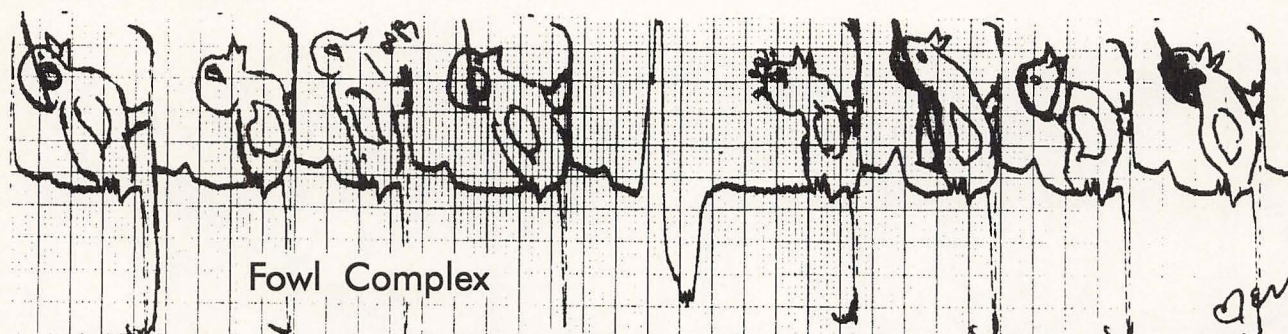


Continued on page 14

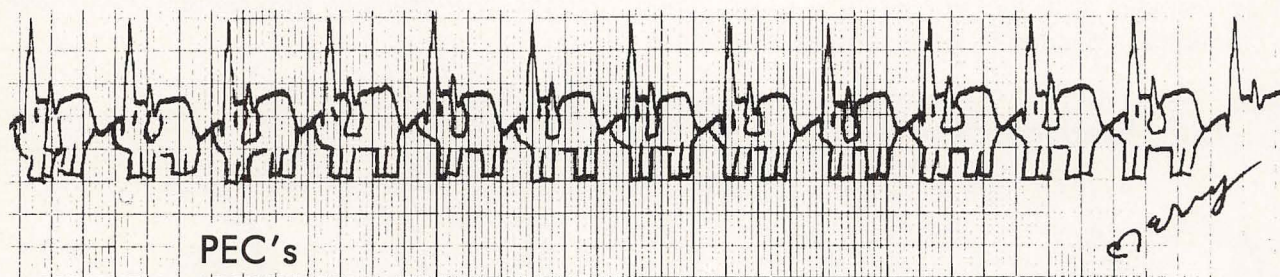
This man's wife had just given birth to triplets. He had serious concerns about being so proliferative.



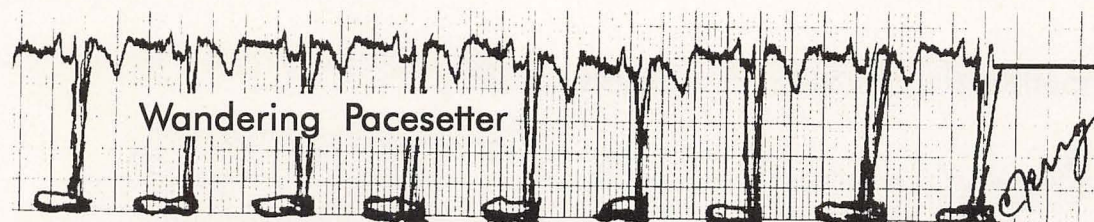
This man told us he felt like a duck out of water. We suggested to him that his situation was more like a chicken on skis. We suggested that he consider getting out of whatever he was into and get back to a familiar and comfortable lifestyle.



This complex is one of a kind. I named it PEC (petite elephant contractions). No one knows what caused it. I suggested to the doctor that this eighty year old man still regretted that he hadn't run away with the circus when he was sixteen. But the doctor said it's junctional rhythm caused by damage from an MI. Doctors just don't have any imagination!



A monitor tech would look at this strip and probably say, "It walks." But that's not the point here. The real message is that this person has a tendency to pull one's leg. You know this diagnosis is accurate, because this strip is mine.



Well, now that I've opened your eyes to the real possibilities hidden in your telemetry strips. I hope you'll take advantage of practicing your new skill whenever a strip comes your way. Together we can take cardiac nursing to a whole new dimension!



Getting What You Wish For

by Carol Cramer, RN

On Monday I was scheduled to teach a class on introduction to rhythm strips to a group of certified nursing assistants at a local high school.

It was Saturday and like any good nurse, I was just getting around to gathering interesting telemetry strips. I wanted to give a lecture with exciting stories that would hold the interest of a group of teenagers.

I arrived at my job in the emergency department at 0700. I made a general announcement that I was on the prowl for unusual or classic strips.

Half an hour later Rescue 73 arrived with a patient in bigeminy. I immediately grabbed a strip and thanked the paramedics. I then asked them to bring a patient in with supraventricular tachycardia.

Thirty minutes later Rescue 73 returned. They brought one of our "regulars" who goes into SVT on a routine basis. With glee, I tore off another strip.

Laughing, I asked for some good old fashioned ventricular tachycardia. They told me that they would see what they could do.

It was my turn to triage. I was assessing a patient when I felt a wad of folded paper hit me in the head. I opened it and to my surprise, it was a strip of ventricular tachycardia. Looking up I saw the same paramedic glaring down at me. Once again, I thanked him.

"If its not too much trouble" I asked, "I would like a strip with some ventricular fibrillation, maybe a cardioversion, some CPR and of course I want the patient to live." (I don't want to depress my students.)

An hour later Rescue 73 returned. This time my friendly paramedic was standing on the edge of the stretcher doing chest compressions. His face was red and sweat is dripping off his brow. He said a few things to me that cannot be printed here. We cardioverted the patient upon arrival and a strong heart beat returned.

I went in the hall to thank the paramedics and tell them my collection was complete. Before I could speak, a sweaty paramedic yelled, "Not another word. You seem to get everything you want and I don't want any part of it."

I could not help but make one more wish as they were being so generous. For my final request, I asked for John F. Kennedy Jr. lying naked on a stretcher screaming my name.

Rescue 73 never returned that day. It left me wondering. Did I just run out of wishes or did I put them in the wrong order?



Stories From The Floor

Old Records

Phyllis Stephenson, RNC

I was at the nurses' station when a patient's wife passed by, carrying a large, apparently heavy cardboard box. A few minutes later, the patient's call light went on. I went into the room and the patient asked me if I would give the box to the doctor. I must have looked puzzled.

The patient said, "He told me to have my wife bring in all my old records."



Totally Embarrassed

Karen Emerson, RN, CRNA

The ER can get very busy at times, and, invariably, someone is trying to find out if a particular patient had been into the ER. In ER lingo, you ask the nurse if they've "had" a certain patient, giving the patient's name.

One day a doctor was looking for a patient by the name of Duch, pronounced "doosh." Making eye contact with a nurse, the doctor yelled across the ER, "Have you had a Duch today?"

Once the doctor realized what she'd said and how it sounded, she turned bright red.

That'll Show You

Dede Greco, RN

A woman with a CVA lost the use of her left side and, of course, displayed left side neglect.

One afternoon we heard this patient yelling from her room, "Stop it! Stop it! I'm going to get you. You stop hitting me. No one hits me and gets away with it."

A nurse ran into the room in response. The patient's right hand was holding her left hand tightly. She stared angrily at her hand and said, "Now I got you. That will teach you to not hit me!"

12 Step Success Story

Tracey Felt, RN

Years ago when I was a new grad, I worked on a med-surg floor. On one occasion I had a confused patient recovering from hip surgery. She was Posyed and frequently screamed. Loudly.

One evening, after listening to her for several hours, I tried all I knew to quiet her down. I gave up. I walked into her room, sat at her bedside and looked her right in the eyes.

"Honey," I said, "Stop screaming. You're driving me to drink."

She stopped screaming, patted me on the head and said, "Oh sweetheart, don't blame me for your drinking problem."

Picture Perfect

Eileen Pyper, RN, BSN, CEN

One Friday night, the ER was unusually quiet. Everyone went on break, leaving me as the lone RN minding the fort. A lady walked in and announced that her sister

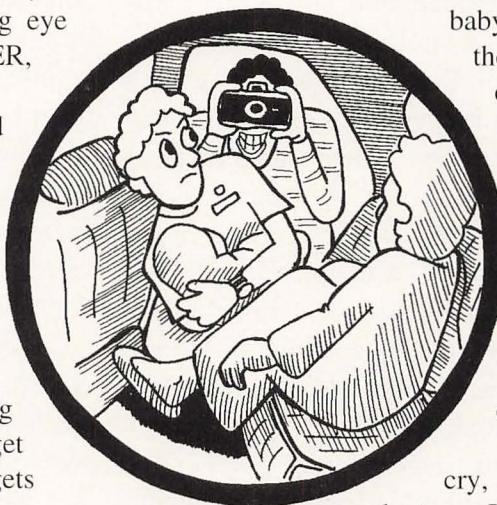
was in the car, "ready to have her baby." I calmly walked to

the car with a wheelchair expecting that we had plenty of time. To my surprise, the baby's head was crowning. I told the sister to run back inside for the doctor. I proceeded to deliver a healthy girl, caught in my lab coat.

When I heard her first cry, I turned to look at the doctor. I discovered the sister

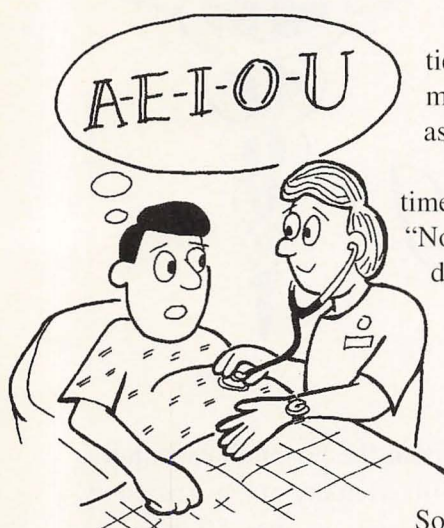
rooted to the spot—taking pictures.

She explained, "We didn't have time for the doctor and it's her first baby. She would be so disappointed if we didn't capture the moment."



Always the Same Thing

Ann Rippun, RN



My young primary patient dutifully submitted to my every four hour nursing assessments.

"OK," I said for the third time in my twelve hour shift, "Now, I'll listen to your abdomen."

He interrupted my listening by tapping me on the shoulder. I removed my stethoscope from my ear and he said, "Bowel Sounds! Bowel

Sounds! Don't you ever listen for consonant sounds?"

Let's Calmly Panic

Pat King, RN, MSN

I was caring for an unstable trauma patient in the respiratory/surgical ICU. The resident came in to make his rounds and assess my patient. He was listening for heart tones when the patient suddenly went into ventricular fibrillation.

The resident quietly picked up his stethoscope, tapped on it, and placed it back on the patient's chest. Realizing that the stethoscope was not defective, he calmly raised his hand and stated, "I think we have a small problem here. Mine's working and his isn't."

Colorful ER Tales

Susan Carlson, RN

On a very busy evening in the ER a young man dressed in his softball uniform ran in holding his elbow. Apparently the a 300 pound player on the other team had fallen on his outstretched arm. He had a great deal of swelling to the elbow, a tremendous amount of pain and his hand was blue. I pointed out the horrible color of his hand to the physician. . On x-ray he only had a tiny chip to his elbow. A call was placed to the vascular surgeon due to the compromised circulation. After examining the hand the surgeon began to wash the hand with alcohol. The blue came off. It turned out the patient had just taken off his new blue batting glove before he came to the ER.

Right on Target

Becky Freeman, RN

My son, then three years old, stated, "Mama, I got diarrhea." I thought that was a big word for him, so I asked him to tell me what diarrhea meant. He said, "You know, that's when your doodoo is kinda melted."

Just a Little Crabby

Kimberly Goebert, RN, MSN

A physician was doing a history and physical on an elderly man. During the history, the physician asked the man if he ever had any phlebitis. The man looked angry and quickly responded, "I ain't dirty. I ain't never had no fleas, let alone bites."

Let's Really Celebrate

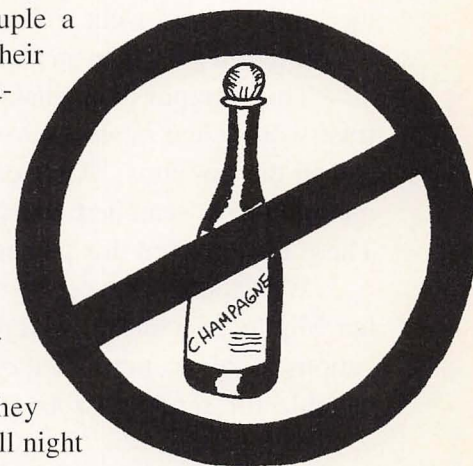
Mary Elizabeth Martucci, RN

Mollie and George, both in their 80's, were married in the Nursing Home Chapel. The day staff gave the couple a bottle of champagne for their wedding night celebration.

The night nurse was quite upset the next day. "Whose idea was it to give champagne?"

No one claimed responsibility, and I timidly asked, "Why?"

Her response, "They were both incontinent all night long, that's why!"



Stories From The Floor is a regular feature in the JNJ. Send your funniest true stories (50 to 200 words) to us at JNJ SFTF, Mark Darby, RN, 2917 N 49th St., Omaha, NE 68104. If we use your story you will get 2 copies of the JNJ with your story, and an exclusive JNJ T-shirt.

Almighty Source of Healing

by Bruce Tretbar, RN and Molly Myers



It was a bright and shiny morning outside when the bright and bushy-tailed staff learned the great news. Certain aspects of our wonderful hospital were not up to snuff for the JCAHO Masters. We had six months to correct these small details or we all would be mutated. Our dear administration grasped the initiative and went from their already elevated hyperthyroid inanity to an adrenergic crisis hysteria.

This intrepid, mild-mannered, clean, reverent, trust-worthy and modest nurse knew it was time to call in the big guns. After careful preparation and meditation, I searched the ancient, arcane texts. There I discovered this powerful mystic prayer.

With the assistance of my venerable S.O. and her Mighty Macintosh, we created numerous replications of this wondrous invocation on prayer cards suitable for scrub pockets and mailboxes. These

were distributed throughout the hospital, especially the nurses' lounges. With so many nurses focusing their energies on this prayer so often, it was no surprise we passed with flying colors. In fact, the inspection team wondered why we had been placed on probation in the first place. Such is the power of the Almighty Source of Healing.

Life at our establishment is back to its normal level of confusion, distraction, production and survival. With the beautiful rays of dusk caressing the windows of 3W, I relax with knowledge that this powerful gift can now be shared with all the heretical health care providers throughout the land.

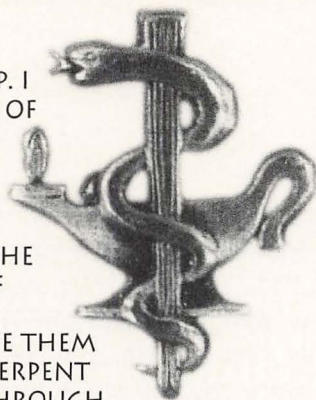
Editors Note: The authors have graciously granted our readers permission to copy these useful little cards for their next visit from JCAHO. Enjoy.

ALMIGHTY SOURCE OF HEALING

I CHART ANYTHING AND EVERYTHING. I RELIGIOUSLY CHART EVERY SNEEZE OR HICCUP. I TRULY WORSHIP AT THE SHRINE OF EDUCATION-DOCUMENTATION.

HEAR ME

APOLLO, ASSCLEPIUS, HYGEIA.
YEA, EVEN THOUGH I WALK IN THE VALLEY OF THE DARK POWERS OF ADMINISTRATION AND ESTABLISHMENT I WILL NOT TAKE THEM SERIOUSLY. THY ROD AND THY SERPENT WILL PROTECT AND GUIDE ME THROUGH ALL THE DAYS OF REVIEW AND AUDIT.

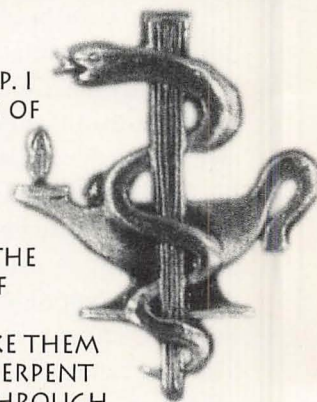


ALMIGHTY SOURCE OF HEALING

I CHART ANYTHING AND EVERYTHING. I RELIGIOUSLY CHART EVERY SNEEZE OR HICCUP. I TRULY WORSHIP AT THE SHRINE OF EDUCATION-DOCUMENTATION.

HEAR ME

APOLLO, ASSCLEPIUS, HYGEIA.
YEA, EVEN THOUGH I WALK IN THE VALLEY OF THE DARK POWERS OF ADMINISTRATION AND ESTABLISHMENT I WILL NOT TAKE THEM SERIOUSLY. THY ROD AND THY SERPENT WILL PROTECT AND GUIDE ME THROUGH ALL THE DAYS OF REVIEW AND AUDIT.





Joint Commission's Coming to Town

(to the tune of "Santa Claus is Coming to Town")

Betty Harness, RN

(Chorus)

Oh, you'd better watch out,
You'd better comply.
It's scary no doubt,
We're telling you why:
Joint Commission's coming to town.

They're bringing a bunch
Of standards to meet,
But we've got a hunch
We can take the heat.
Joint Commission's coming to town.

They see you when you mess up.
They know all your mistakes.
You might as well just fess up . . . or
Be good for goodness sakes.

(Chorus)

The staff at [your hospital's name here]
Will want to celebrate.
When all of this is over . . . and
The Joint says "You are great!"

(Chorus)

(Pause)

The survey is completed.
It's the end of show and tell.
And though we feel depleted,
We believe we did so well.

So, forget all your fears,
But stay on your toes.
Because in three years
Every one knows
Joint Commission's coming to town!

Post-Operative Pain

(to the tune of "Jingle Bells")

Susan Ames, RN, MS

My patient had an op,
His pain I've got to stop.
He tells me it's a ten.
This will not help him mend.
Where is the pain I ask,
Assessment is my task.
Then I will make a plan for him
To end his misery.

(Chorus)

Oh-h-h-h, Demerol, Demerol,
Oh meperidine.
Check the pressure before you give,
Make sure it's not too low.
Demerol, Demerol, oh meperidine.
Give it IM or IV push,
But rarely orally.

It's now three days post-op.
His bowel sounds I did hear.
Clear liquids he did start.
But pain he still does have.
It's really not as bad.
I cannot fail him now,
He's on the mend I clearly see.
What shall I give him now?

(Chorus)

Oh-h-h-h, Tylenol, Tylenol,
Often number three.
Made with codeine, you will see,
It's taken orally.
Tylenol, Tylenol,
Often number three.
Constipation it can cause,
So check the bowels please.

Call Lites!



The JNJ Joke Collection

The nurse was taking a health history from a newly admitted patient. "Ever been injured in an accident?" she asked.

"Nope," the old farmer replied.

"Ever had any broken bones?"

"Well," was the slow reply, "'Twas that time I broke my kneecap when the mule kicked me."

"A mule kicked you? Don't you consider that an accident?"

"Nope. I reckon she done it a-purpose."

Submitted by March Warn RN, CNOR

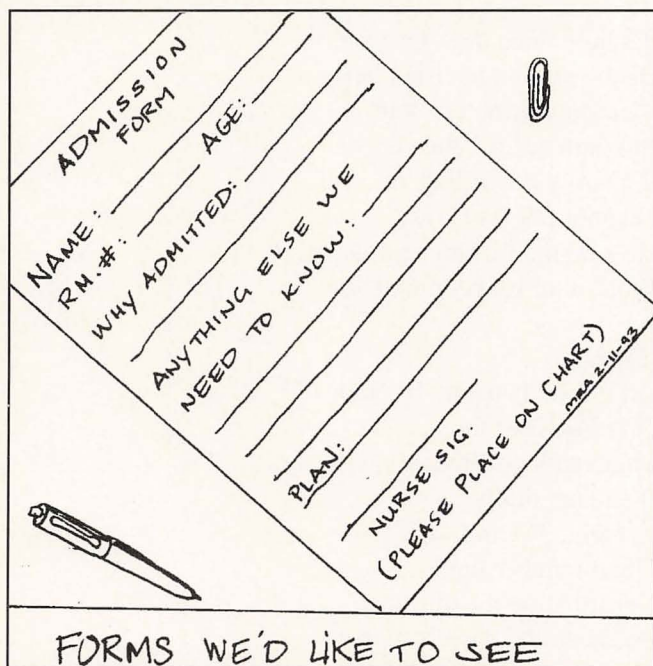
To an insomniac, the best things in life are Zs.

Submitted by Karl Green

Q: Why were the two doctors out of breath after arguing with one another?

A: Because they each had to walk up three flights of stairs to go to hell.

Submitted by Andrea H. Sangrik, RN



More from the JNJ library:

"Eating Disorders and Clinical Implications" by Anna Rexia, MD & Bill Leemia, MD. "Common GI Disorders" by Hyatt L. Hernya, MD.

Submitted by Suzanne Vargo

The new Medical Director of the hospital goes into his brand new office. He tries out his brand new desk, brand new chair, even his new pencils. A nurse knocks on the door, so, wanting to impress her, he picks up the phone and tells her to come in before talking into the phone.

"Yes, Mr. President, I'd be glad to give you some advice on the health care issue. Give the Senator my thanks for recommending me."

He hung up and turned to the nurse. "What do YOU want?"

"Nothing, Doctor. Just passing on the message from the workmen that they might be able to connect your telephone this afternoon."

Submitted by Sandy Ritz

The wife was answering for her husband during the admission process.

"How is your hearing, Mr. Smith?" the nurse asked.

"Terrible. He has terrible hearing," replied the wife. "But his driving is worse."

The nurse considered how to be reflective. "His driving is worse than his hearing?"

"Yes. Only his friend will ride with him."

"So, his friend is concerned about his driving and wants to make sure he'll be all right?"

"No, his friend is the only one who can ride with him without getting upset."

"So, he has confidence in your husband."

"No. He's blind. But he can hear pretty good."

Submitted by Karen Becker, RN

The females outnumbered the males at the Long Term Care Center, so there was much competition in the excitement before a movie outing. Lucy approached George as they boarded the bus.

"Would you sit next to me, George?"

"Sorry, I've already promised to sit with Nancy."

"That old hussy! What has she got that I haven't got?"

"Buns, for one thing."

Submitted by Lora Payne MSN, RN

Q: What does the duck nurse call the doctor?

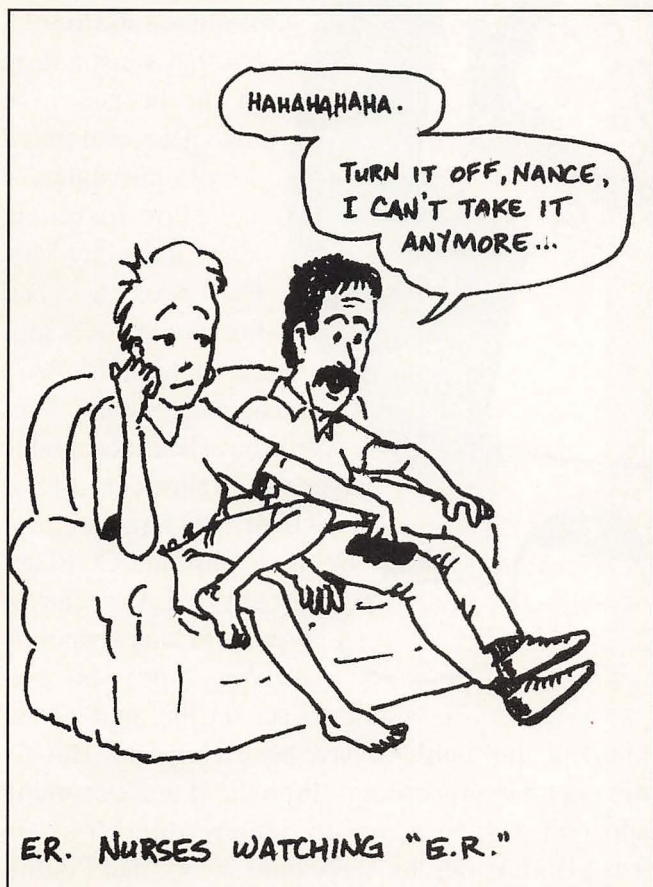
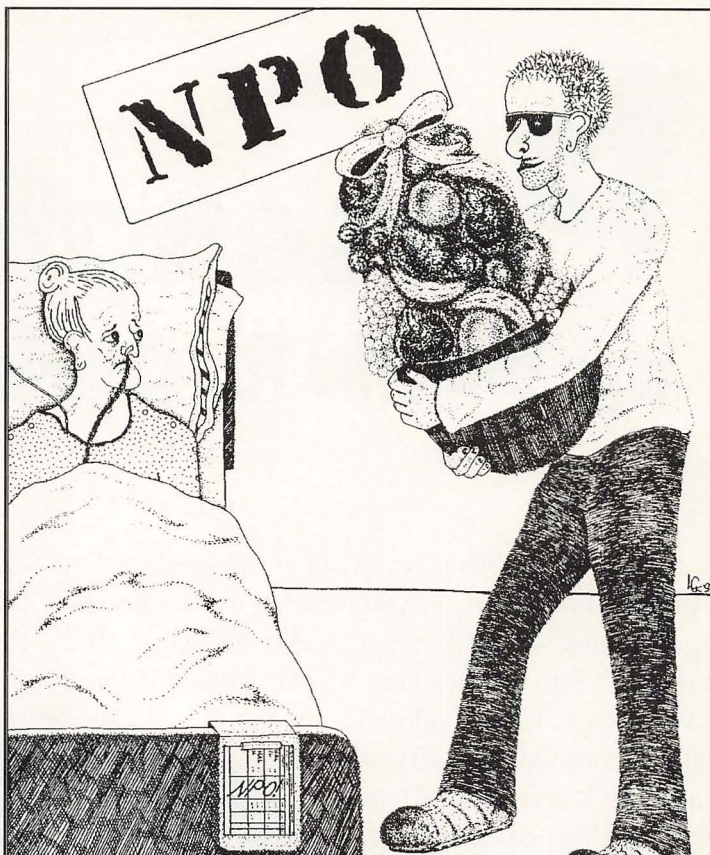
A: Quack.

Submitted by Kerri Lynn Hilbert, RN

Q: Other than turning on the side, how can a male patient be helped onto the bedpan?

A: Grab the handle between his legs and lift.

Submitted by Karen Emerson



A woman said her mother's friend was recently diagnosed with metastatic cancer, and that her mother was very upset about it.

"Are thy looking for the primary site?" asked her husband, a nurse.

"No, they're looking for another card player while she's in the hospital."

Submitted by Georgie Hoem, RN

Q: How many hospital CEOs does it take to wallpaper an average nurses' station?

A: Two if you slice them thin enough.

Submitted by Doris Therman, RN

Heard a funny nursing or medical joke lately? Send it to us! If we use it in Call Lites, you will receive 2 copies of the JNJ and a Limited Edition JNJ T-Shirt. Send your jokes to: John Baringer, JNJ Joke Editor, P.O. Box 2221, Tucson, Arizona 85702-2221.

Personality Plus!

by DeLila R. Crisp

You've probably heard about the work of Dr. Anthony F. Gregorc. If you haven't, it's because he was humble enough not to name his work after himself. But with a name like Gregorc, I'd think twice too. There's already enough strange terminology around; just take a look in *Taber's*. There's Cruveilhier-Baumgarten Syndrome, Bachterew's reflex, Allenbrugger's sign and Howell Jolly bodies. And even Babinski, Braxton Hicks, Cheyne-Stokes and Trendelenburg seemed pretty weird when we first heard them.

Anyway, to refresh your memory, Gregorc is the fellow who researched and developed the four learning style personality types known as *concrete sequential* (CS), *abstract sequential* (AS), *abstract random* (AR) and *concrete random* (CR).

I am an *abstract sequential* person. This means that before making a decision, I gather as much information as possible. That's why, before making the decision to become a nurse, I consulted my handy dandy pocket *Webster's Dictionary*. The definition of nurse: "a person

trained to take care of the sick, the injured or the old." I thought, yeah, I'm a sympathetic caregiver type. I'll be a nurse.

Well, after being a nurse for almost twenty years, I've made one major discovery. Webster didn't have a clue. Or maybe his work was not comprehensive. Yes, we take care of the sick, the injured and the old, but that's just a drop in the bucket. We also get roped into a lot of other duties.

For instance, there's the day Mrs. Cain's electric bed shorted out. Her legs were in high fowler's and her head supine. This would have been acceptable if she was in shock or just had an ORIF of a tibia fracture. But being a chronic COPDer, Murphy's Law was at work. If I was a *concrete random* type who was able to act on the spur of the

moment, this wouldn't have been a big deal. But it's my nature to think things through. It was becoming apparent, as I considered my options while Mrs. Cain was blending into the navy blue sheets, that I didn't



have time to search for a maintenance man. You know how it is. Even if you find one or if you're lucky enough to get one to answer your page, he's never taken a medical terminology course and STAT is not in his vocabulary. I dove under the bed, in search of the reset button. I don't understand why those buttons are the size of a pencil eraser and located under the bed in the center of the bed frame. What we need is a flashing yellow light on the headboard with "RESET" boldly written across it.

Getting back to the topic . . . Our part-time pharmacist, because he doesn't draw full-time wages, chooses to work part-time. He comes in at 6 a.m. and works until 10 a.m.. That was fine until Mr. Baker decided to come into the ER at 2:30 p.m. and have an acute MI. That would have been OK too, except I was working in the ER. And changing micrograms to milliliters has never been my thing. I have enough trouble just figuring out how many kilograms this poor 170 pound man weighs. Is it 85 or 340? And when I finally figured out how many kilos he was and how many micrograms I was mixing up, they wanted to know something about minutes too! Brain atrophy. I can't even remember how many minutes are in an hour, let alone figure how many $\mu\text{g}/\text{kg}/\text{min}$. In situations like this, I'd give my eye teeth to be *concrete random*. They're the people who don't understand why it took us imbeciles eight steps to come to the same conclusion they did in two steps.

Physical therapy is another profession nurses often get to practice. I had a patient a few days ago with a severe ankle sprain. I was discharging him late

Saturday evening. The doctor ordered the patient to be non-weight bearing on his affected leg. That, of course, meant crutches. And because we are JCAHO accredited, we are required to teach the patient how to use them before he leaves our fine establishment. Or at least document that we did.

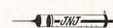
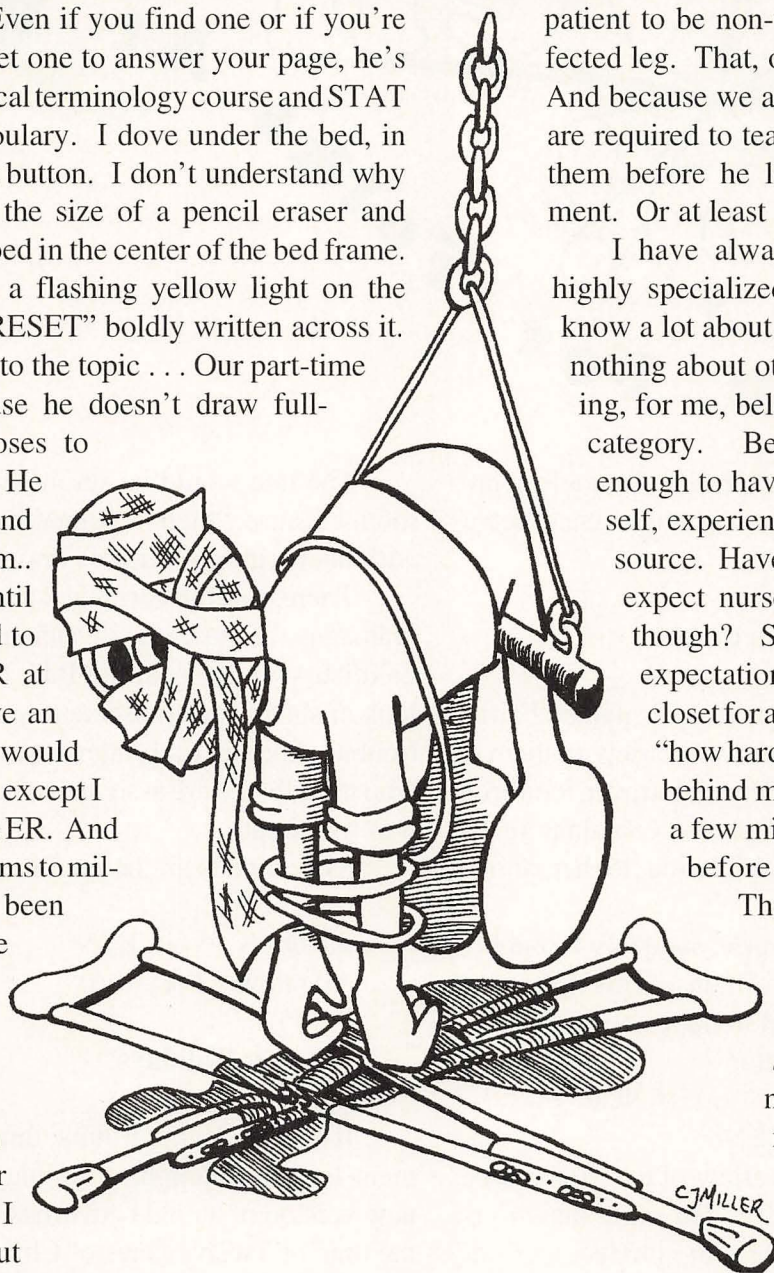
I have always considered nursing a highly specialized field. That means we know a lot about some things and virtually nothing about other things. Crutch walking, for me, belongs in the "other things" category. Because I have been lucky enough to have never needed them myself, experience wasn't an available resource. Have you noticed that patients expect nurses to know these things, though? So, wanting to live up to expectations, I went to the orthopedic closet for a pair of crutches. I thought, "how hard can it be?" I shut the door behind me and figured I'd practice a few minutes to get the hang of it before instructing Mr. Jacob.

There was one major problem, however. The last nurse to dig through the closet was not *concrete sequential*. They prefer a neat and orderly environment.

I was able to get the hang of it, all right. They found me draped over the trapeze bar, my head

wrapped in soft roll, a traction rope wound around my extremities and the crutches lying on the floor. So much for luck. They wheeled me off to x-ray with crutches across my lap.

Before I found out how diversified nursing was, I wondered which personality type made the best nurse. Now, I think I've found the answer. No one personality type makes the better nurse. But put us all together, shake us up, roll us out and we make a heck of a good team.





Liven Up! Fun For Folks At Work

It would appear that *JNJ* readers not only appreciate humor on the job but also include other species to enhance their humor.

I'll Be Home For Christmas

One of our house supervisors is named Fairlie. She loves animals and cares for a variety of them on her modest farm. We all deposit leftover food from our dinner trays into the plastic container in the cafeteria for Fairlie to take home to her animal friends.

During December, Fairlie suddenly found herself with an abundance of kittens. This notice was posted around our hospital in hopes of finding new homes for these furry creatures:

CHRISTMAS CLEARANCE

KITTENS

This year's models in a variety of exterior colors. Antipollution devices intact, but some may need some interior work. Engines in purrrfect working order. Price right for everyone.

FREE

CALL SALESPERSONS FAIRLIE OR TERRY

Cindy L. Hoesman, CCRN
Plainfield, IN

Gone Fishin'

Each time a new nephrologist starts at our hospital, the nurses working in our step-down unit would swing into action.

The doc would be summoned to the patient's room because, "there is something strange going on with his peritoneal dialysis drainage."

There, carefully arranged to appear as the actual drainage, the puzzled physician would see a live goldfish swimming in the P.D. drainage bag. The look of shock and amusement was always worth the trouble. And since all patients admitted to the facility who used P.D. were assigned to our unit, the surprise was well kept.

(No animals are harmed in this scenario.)

Sandra K. Wolf, BSN
Allentown, PA

"Happy Holidays"

If you're having trouble thinking up entertainment for those delightful holiday parties, here is a new version of an old Christmas favorite. Sing it to the tune of Twelve Days of Christmas.

On the first day at Happy Hills, the ward clerk gave to me, A long list of rules to follow.

On the second day at Happy Hills, the nurses said to me, "I need to search all your belongings."

On the third day at Happy Hills, the doctor said to me, "Have you been taking all your meds?"

On the fourth day at Happy Hills, the ward staff said to me, "Five minutes left for smoking."

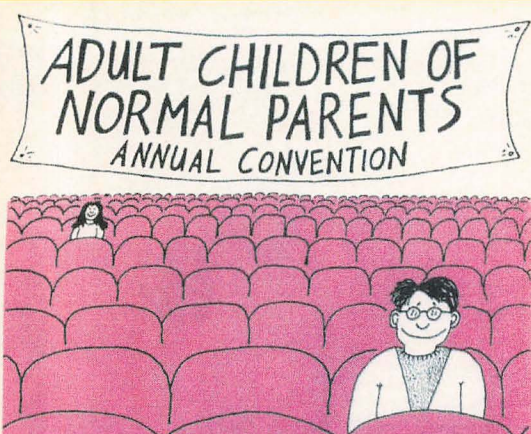
On the fifth day at Happy Hills, the psychiatrist said to me, "Talk about your life!"

THE JOCULARITY

CATALOG

THE HUMOR RESOURCE FOR HEALTH PROFESSIONALS

1995 Holiday Catalog



A

A. Adult Children of Normal Parents Annual Convention T-Shirt by Jennifer Berman. Are there any of us out there! Jennifer's cartoons have appeared in MS, Funny Times, Utne Reader, and of course The Journal of Nursing Jocularity. This Pre-Shrunk 99% Cotton t-shirt comes in white. Available in large and x-large. **TS005WHT** Adult Children T-shirt. Regular Price, \$16.00. Holiday Price **\$15.00**

B. Whinorrhea and other Nursing Diagnoses. This brand new book is the best of the Journal of Nursing Jocularity's first three years. Over 200 pages of hilarious stories and sidesplitting cartoons. This book is the perfect gift for any nurse on your list. **BK018BOB** Whinorrhea and other Nursing Diagnoses. **\$18.95.** If you buy two or more copies, it's only 15.95.

C. ANY KEY and PANIC computer keys. Personalize your computer keyboard with these fun, self-sticking keys. Free with orders of \$50 or more! **MS001KEY** Panic/Any Key **\$3.00**

D. Ineffective Individual Coping: JUST RELEASED. A slightly very twisted musical review of the "sicker" side of health care. Tired of bedpans, paperwork, and under staffing? Stressed out and overworked? Let Too Live Nurse help you laugh at it all! Too Live Nurse is the group that brought you "Rockin' to the Algo-Rhythms." Cassette Tape. Includes: The Bedpan Blues, Doin' The Incontinence Rag, Ventilate Me and more. **TA007COP** Ineffective Individual Coping **\$10.00**

E. Rockin' To The Algo-Rhythms 2 by Too Live Nurse Productions. Resuscitate your ACLS skills the FUN and EASY way with this collection of Musical Cardiac Protocols based on the new ACLS Algorithms. Let Too Live Nurse help you to breeze through "Mega Code" and have you singing as well! Includes cassette tape and lyrics booklet. **TA001RAR** Rockin' To Algo-Rhythms 2 **\$15.00**

WHINORRHEA AND OTHER NURSING DIAGNOSES

B



NEW

Free with
orders of
\$50 or more!

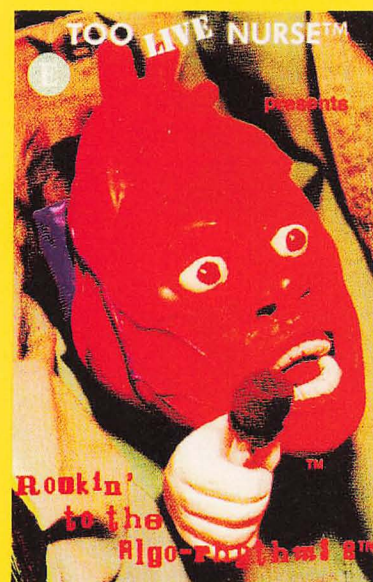


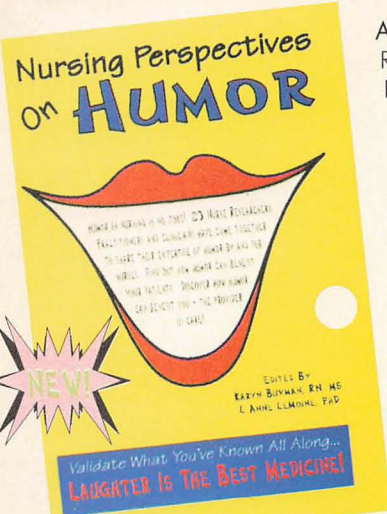
C

D TOO LIVE NURSE



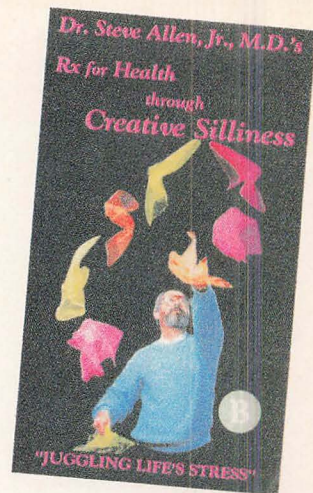
INEFFECTIVE INDIVIDUAL COPING



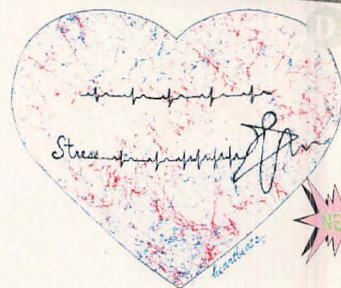


A. Nursing Perspectives On Humor. Long awaited book, edited by Karyn Buxman, RN, MS & Anne LeMoine, PhD. Humor in nursing is no joke! 23 Nurse Researchers, practitioners and clinicians have come together to share their expertise of humor by and for nurses. Find out how humor can benefit your patients. Discover how Humor can benefit YOU! Soft cover.
BK015NPH Nursing Perspective \$24.95

B. Rx for Health through Creative Silliness by Dr. Steve Allen, Jr. Steve takes you on a lighthearted journey using laughter and playfulness to juggle life's stress. Using his medical knowledge and his family's gift of humor and wit, Steve will help you laugh and play your way to less stress . . . and you'll learn how to juggle, too! A set of three scarves comes with this 60 minute videotape. TA006RXH Rx for Health Video. Regular Price \$40.00
Special Holiday Price 35.95

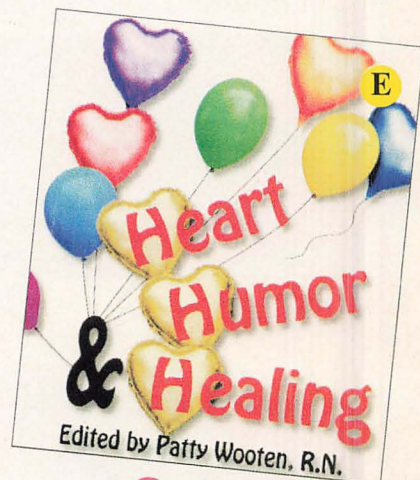


C. Healing Power of Humor by "jolly-tologist" Allen Klein. Techniques for getting through loss, setbacks, upsets, disappointments, difficulties, trials, tribulations, and all that not-so-funny stuff. Brimming with pointed, humorous anecdotes and learn-to-laugh techniques. "Provides practical advice as to the fundamental importance of humor and laughter." Steve Allen, comedian. BK006HPH Healing Power of Humor \$9.95



D. Heartbeats Giant T Nightshirt. Relax in style with this quality 50/50 blend nightshirt with a multi-color screenprinted design. One Size. Available in Ash or White. Regular Price \$19.95
Special Holiday Price \$17.95
TS006WHT White Heartbeats Nightshirt
TS007ASH Ash Heartbeats Nightshirt

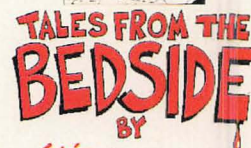
E. Heart, Humor & Healing edited by Patty Wooten, RN. A delightful collection of inspiring, fun-filled and laughter-provoking quotes designed to promote healing in the patient as well as the caregiver. "The book is good for more than your heart...It will help heal your life and body." Dr. Bernie Siegel, Surgeon, author of Love, Medicine & Miracles. Patty's feature "Jest for the Health of It!" appears in each issue of the Journal of Nursing Jocularity.
BK004HHH Heart, Humor & Healing \$9.95



F. "Sometimes All You Need Is A Good Paddling To Get You Back In Line" T-Shirt from Trauma Gear, "Unique Sports Wear for Unique Professionals". This Pre-Shrunk 99% Cotton t-shirt comes in Ash. Pocket-size "Trauma Gear" logo on front of shirt. Available in large and x-large. TS002ASH Paddling T-shirt \$16.00

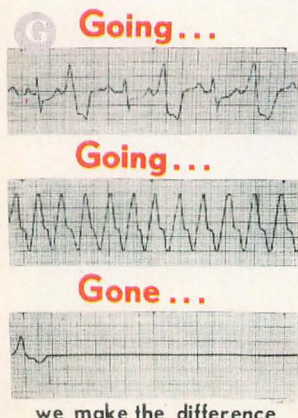
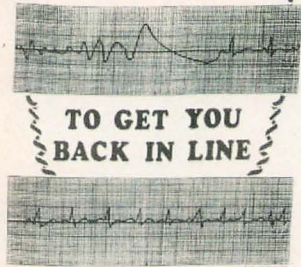
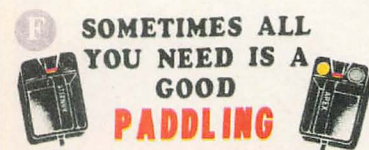
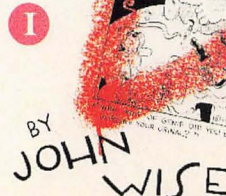
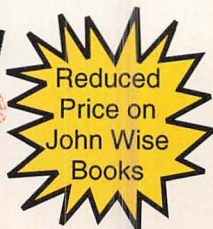
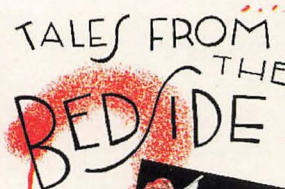
G. "Going . . . Going . . . Gone" T-Shirt from Trauma Gear. Sinus rhythm to V-tach to Asystole, this shirt covers it. This Pre-Shrunk 99% Cotton t-shirt comes in Ash. Pocket-size "Trauma Gear" logo on front of shirt. Available in large and x-large. TS004ASH Paddling T-shirt \$16.00

H. Tales From The Bedside. The first book from artist John Wise, RN. Over 100 page of hilarious cartoon about nursing and healthcare. Frequent contributor to the Journal of Nursing Jocularity. Beware, John's cartoon aren't for the squeamish.
BK002TFB Tales From Bedside 1 \$12.95

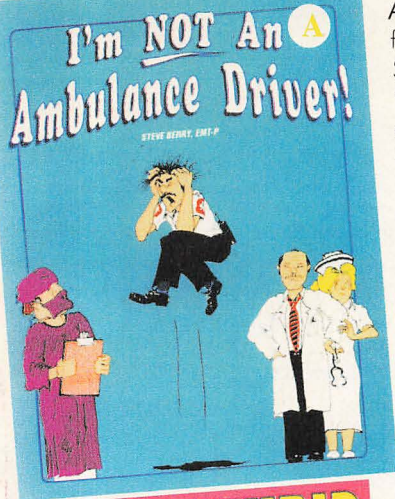


I. Tales From The Bedside 2: "Over The Counter" by John Wise, RN. More than 100 pages of outrageous cartoon humor for healthcare professionals and consumers! John is a contributing artist to the Journal of Nursing Jocularity.
BK001TFB Tales From Bedside 2 \$10.95

Purchase both of John's books for a special price.
BK003TFB Tales From Bedside 1 & 2 \$22.00

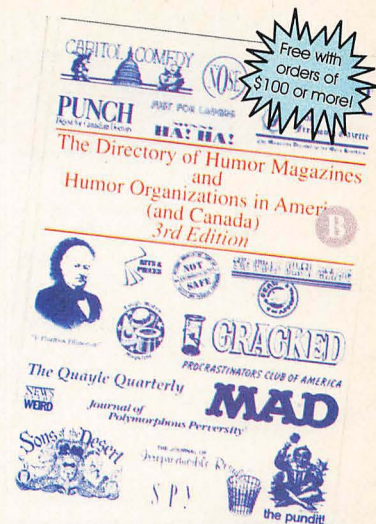


we make the difference



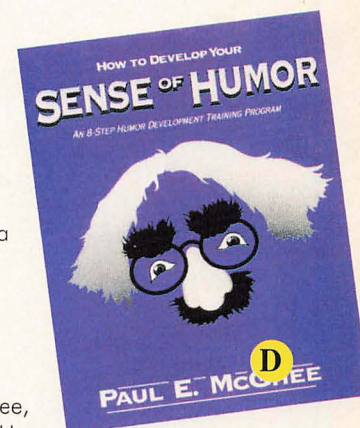
A. I'm Not An Ambulance Driver! by Steve Berry, EMT-P. A jammed pack, funny cartoon book that takes a satirical look at life as an EMS provider. Steve has practiced the art of paramedicine since 1984 and in his words is "an advocate of humor and have come to find satire as my link to survival in a career so often marred with anguish and discouragement." Sound familiar?! BK017NAD Not An Ambulance Driver \$14.95

B. The Directory of Humor Magazines and Humor Organizations in America (and Canada) 3rd Edition edited by Glenn Ellenbogen, PhD. This is the first and only book to help you find humorous magazines, newsletters, newspapers; periodicals about humor; and humor organizations. It provides extensive listings and sample articles for each publication, plus cross indexing of periodicals. A writers market for humor. A great resource at a special price! List Price: \$34.95. Hard Cover. Special Offer! Order \$100 worth of items and receive this book free! BK016DHM Humor Directory Only \$14.95

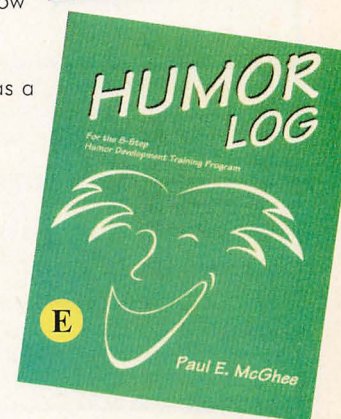


C. 25 Stupid Things Nurses Do To Self Destruct by Teresa Allen, RN, Joan Brady, RN and Laura Gasparis Vonfrolio, RN. Increase your awareness as a nursing professional through such topics as: We Don't Stick Together, We Suppress Our Convictions, and We Fight All The Wrong Battles. The book contains the following warning: "This book is not for nurses who want to live and work in denial." BK014STN Stupid Things Nurses Do \$19.95

D. How to Develop Your Sense of Humor: An 8-Step Humor Development Training Program by Paul McGhee, PhD. This book discusses the latest research on how humor/laughter contribute to physical health plus gives you a hands-on program for learning to use humor to cope with stress. This program shows you how to strengthen basic humor skills when you're not under stress, and then how to apply these skills under high stress conditions. BK007SOH Sense of Humor \$20.00



E. Humor Log for the 8-Step Humor Development Program by Paul McGhee, PhD. This book is designed as a workbook to accompany the above book "How to Develop Your Sense of Humor". It allows you to monitor your progress through the program from week to week, and includes a humor pre-test and post-test which enables you to assess the level of gains in humor skills made as a result of the program. BK008HRL Humor Log \$12.00



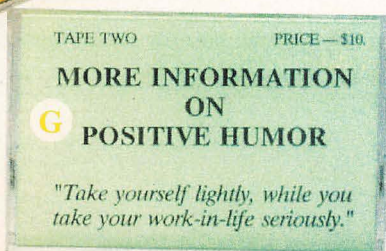
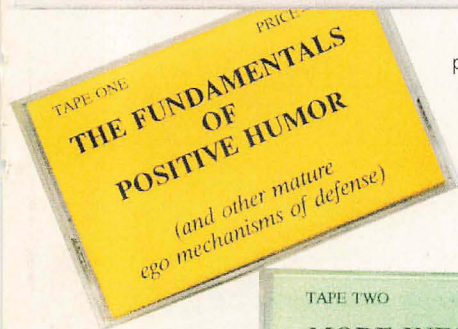
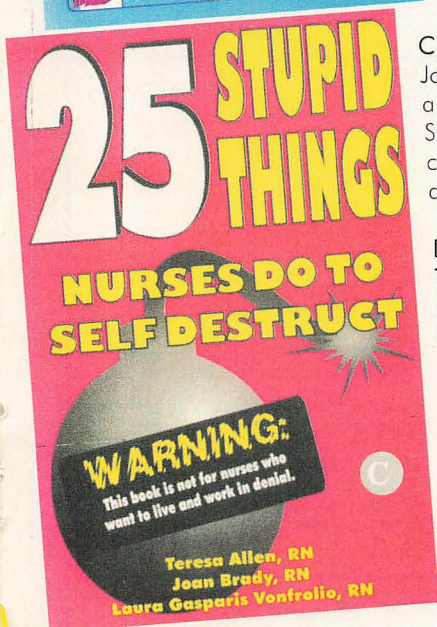
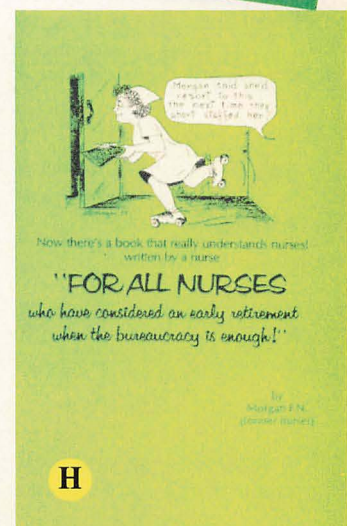
BK009MCG Both Sense of Humor & Humor Log \$29.95

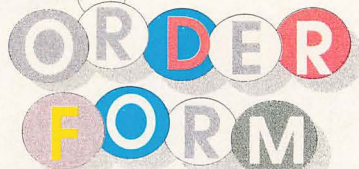
F. Health & Humor through Harmony by the "NurSING Notes", an all RN Barbershop Quartet. This comedy quartet puts the "SING" in NurSING with songs such as "While Strolling Down The Hospital Hall", "The Physician", "The Waiting Room" and "Patient Lament". The Nursing Notes were a smash hit at the 1993 and 1995 JNJ Humor Skills conference. TA003HHH Health & Humor Through Harmony \$10.00

G. The Fundamentals of Positive Humor - A Two Tape Collection by Dr. Christian Hageseth III, Psychiatrist with Mike Sloniker, Music Therapist. These tapes present a fundamental understanding of how humor constitutes a mature response to life and its adversity. Dr. Hageseth has been a popular and well received speaker at the 1993, 1994 & 1995 Journal of Nursing Jocularly's Humor Skills Conference.

TA002FPH Fundamentals of Positive Humor Regular \$18.00
Holiday Price \$14.95

H. "FOR ALL NURSES who have considered an early retirement when the bureaucracy is enough!" by Morgan F.N. (former nurse). A fun book full of cartoons, puzzles, riddles and nostalgia. BK013FAN For All Nurses \$5.95





Our Mission

To provide health professionals with products that can be used to incorporate humor into their lives and their workplace, and to support health professional entrepreneurs in the development and marketing of humor related products.

ITEM NO	SIZE	HOW MANY	COLOR	DESCRIPTION	SHIP TO GIFT ADDRESS ✓	PRICE/EACH	TOTAL PRICE

Method of Payment. Check or money order made payable to JOCULARITY CATALOG. Sorry, no C.O.D.'s. All orders must be prepaid.

Delivery. We ship all orders promptly or notify you of any delay. Sorry, we are unable to ship outside the United States and Canada.

Second Day Air Shipment. To have your order shipped UPS Second Day Air, please add \$6.00 to regular shipping costs. Sorry, we can not provide second day shipments to Canada.

For Shipping and Handling Please Add

Orders up to \$15.99 \$3.50
 \$16.00 to \$29.99 \$4.50
 \$30.00 to \$49.99 \$6.00
 \$50.00 to \$74.99 \$7.50
 \$75.00 to \$99.99 \$9.00
 \$100.00 to \$149.99 \$10.50
 Over \$150 \$12.00
 Alaska and Hawaii please add \$3.00.
 Canada orders, please double the shipping and handling charges.

SUB TOTAL: _____

AZ Residents ADD 6.75% SALES TAX: _____

SHIPPING/HANDLING: _____

ADDITIONAL S&H, AK, HI & CANADA: _____

EXPRESS SHIPPING: _____

ADDITIONAL ADDRESS ADD \$4.00 _____

GRAND TOTAL (US FUNDS ONLY) : _____

SHIPPING ADDRESS

We ship UPS. Please use a street address.

Sorry, we are unable to take phone orders at this time.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

GIFT ORDERS! If you would like part of your order shipped to a second address as a gift, fill in this address box and check the "SHIP TO GIFT ADDRESS" column for those items. Add \$4.00 S & H for an additional address.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

RETURN POLICY

If you are not satisfied with an item, we'll be happy to exchange it or refund the purchase price. Please ship to us via US Mail with the package invoice and the reason for return (so we'll know how to serve you better).

PRODUCT IDEAS -- If you have a humorous health related product or product idea that you would like included in the Jocular Catalog, write or call at 602-835-6165.

Sorry, we can not accept purchase orders.

THE JOCULARITY
CATALOG

P.O. Box 40129

Mesa, AZ 85274

602-835-6165

On the sixth day at Happy Hills, the treatment team gave to me, Six consent forms to sign.

On the seventh day at Happy Hills, the LPN said to me, "Please line up for meds!"

On the eighth day at Happy Hills, the social worker said to me, "I'm still waiting on your SSI forms."

On the ninth day at Happy Hills, the rec. therapist said to me, "Stop watching so much TV."

On the tenth day at Happy Hills, the staff gave to me, 10 mismatched socks!

On the eleventh day at Happy Hills, the housekeeper said to me, "Time to scrub and clean the wards down."

On the twelfth day at Happy Hills, I asked so hopefully, "When do I leave?"

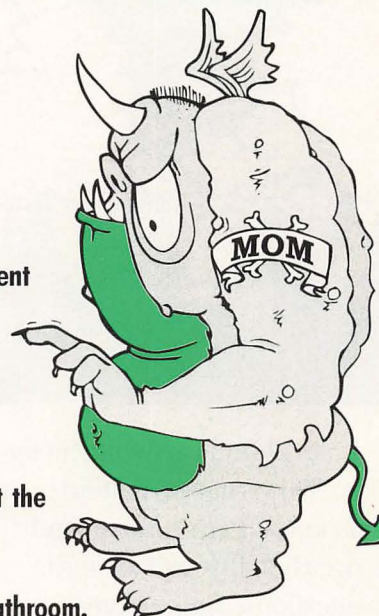
Sherrie Payne
Richmond, VA

Liven Up! is a regular feature in the JNJ. Send your story (50 to 200 words) about how you are using humor in your workplace to: Liven Up! Colleen Gullickson, RN, PhD, Rt. 1 Box 167A, Ridgeway, WI 53582. If we use your story you will get 2 copies of the JNJ with your story, and an exclusive JNJ T-shirt.

Top Ten All-Time Unbearable Visitors

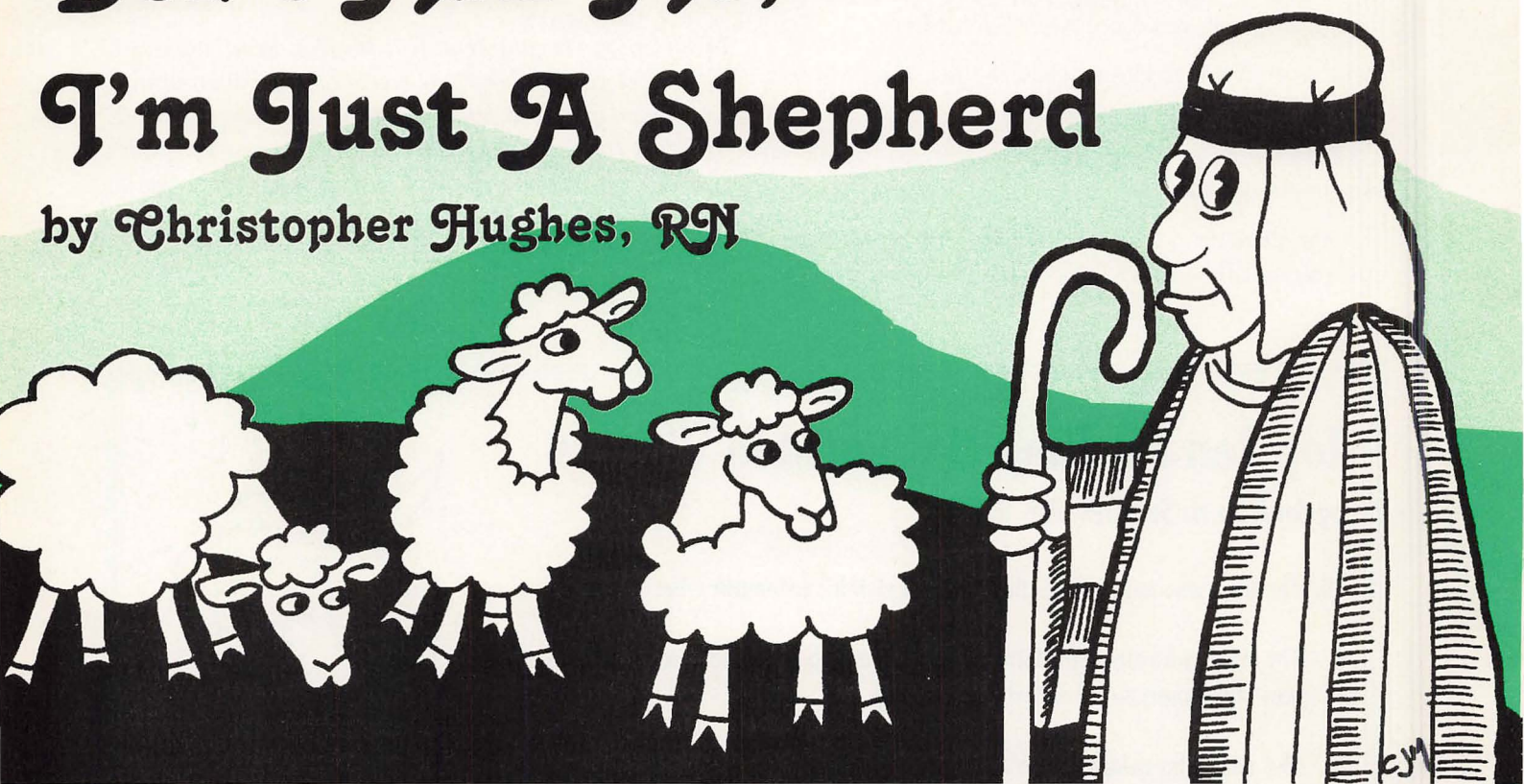
by Andrea H. Sangrik, RN, BSNA

10. The man who snuck in his three cats to visit his asthmatic wife.
9. The visitor who ate all his father's food, then rang the nurse to say that the patient was still hungry and needed another tray.
8. The wife who asked you to take her stroked-out husband to the bathroom whenever SHE really was the one who had to go.
7. The son who emptied his mother's colostomy bag into the waste basket at the nurse's station.
6. The male visitor who fell asleep in the patient's bed while she was in the bathroom.
5. The wife who discontinued her husband's CVP line herself, because "John likes to sleep on his right side."
4. The 80 year old daughter of the 98 year old man, who kept drinking her father's continuous IV fluids whenever she got thirsty.
3. The children of one patient who insisted upon using their mother's portable IPPB machine as a scooter in the hallway.
2. The husband who kept sneaking in chocolates for his newly diagnosed diabetic wife. The jig was up when he hid them under her roommate's bed and the whole room was infested with cockroaches.
1. The man who never actually visited his brother, but called twelve times every shift to criticize the nurses, the doctors, the food, and anything else that came to mind.



Don't Ask Me, I'm Just A Shepherd

by Christopher Hughes, RN



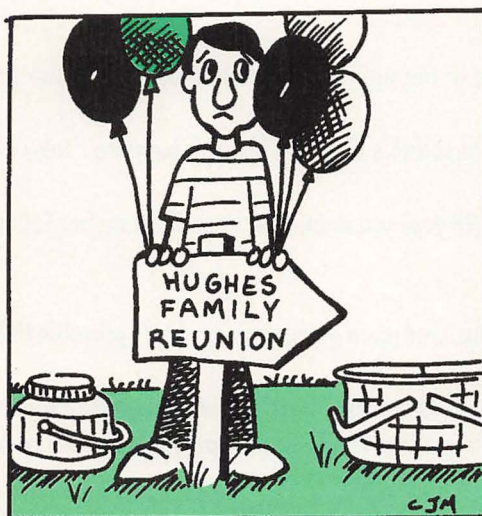
Lately I find I'm being hit up for a lot of medical advice. This is not particularly amazing. Most of my friends know I am a nurse, and will occasionally call or write with questions. Some even fax. I don't mind giving them advice, figuring, hey, they're just my friends, and it doesn't really matter what happens to them. Besides, anyone who would take advice from a doof like me deserves what he gets.

No, my friends are not the problem. My family is. I have to give them fairly accurate information or it could really come back to haunt me. I avoided this problem in the past, because I told my relatives that I was a shepherd.

The other day, however, my dad let it slip to my Grandma Ruth that I was a nurse. My dad said that once she got over the disappointment of not having a shepherd in the family, you could almost hear the rusty gears turning in her head. Anyway, none of this subterfuge would be necessary if it wasn't for the Hughes Family Reunion.

Held every July, the Hughes family reunion is famous for its batter-fried chicken and coleslaw. It is also renowned for its collection of odd and utterly undiagnosable medical conditions. Not just

the occasional odd and utterly undiagnosable medical condition. Literally everyone at the reunion is a



walking, talking textbook of Ripley-like maladies. And now they were going to know the ugly truth: someone in the Hughes family is a nurse. It would be a massacre.

My great-uncle was the first to strike. I was just preparing to bite into a scrumptious chicken leg, when he sat beside me and started rolling up his pant leg.

"What do you think of this?" he quizzed.

"Well, I've seen better legs, Uncle Harry. In fact, I was eating one, before I went blind. You know, there's something called sunlight. You might look into it."

"No dummy. Not my leg. This!" My mouth was now full of chicken and he proceeded to show me some sort of fluid filled sac, bulging from the back of his knee.

"Well boy, you've been to school. Whaddya think it is?"

"Hang on Uncle Harry, as soon as I've finished barfing, I'll take a look at it."

I looked at it, poked on it, let my kids play with it, then told him I thought that it was some sort of fluid filled sac, and that maybe, just maybe, he ought to have a doctor take a look at it.

"Well, that's kinda what I thought. Mother has been at me for a while to go see a doctor, but I just don't trust them boogers. I thought I'd let a pro look it over first. You know, your cousin Toby died of something like this, don't you?"

After Uncle Harry spread the word that I had made an accurate diagnosis on his sac, the onslaught began in earnest. Grandpa Ernest, to be specific, and his diffuse, itchy rash. I then had the opportunity (i.e., was coerced) to look at more swollen joints, swollen abdomens and varicose veins than I care to remember. My family and I finally had to make a run

for it, when my Aunt Pearl mentioned something about her hemorrhoids. As we screeched off, hanging the baby out of the window to snare a bucket of chicken, I swear that I heard the family yelling, "See you next year!"

You know, it might be more tolerable if I could

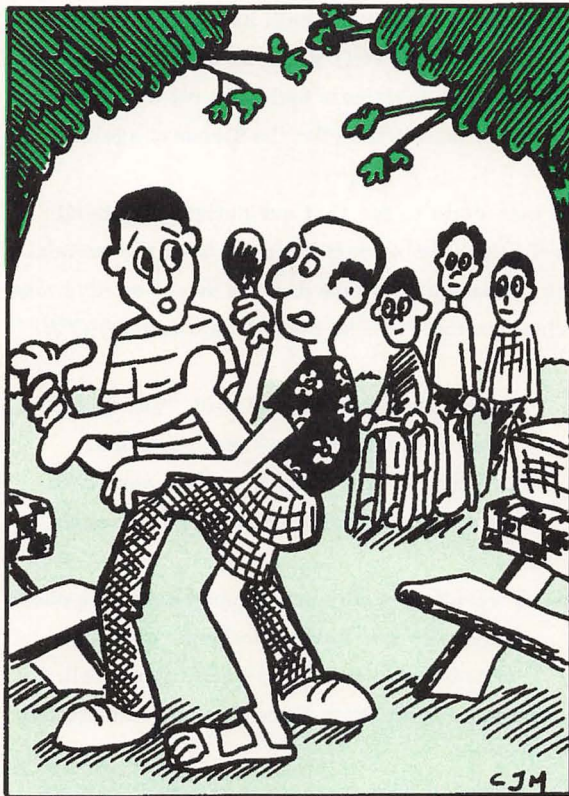
figure out what was wrong with these people. For instance, I was out talking with our new neighbor the other day, explaining to him how a city boy like me got into sheep herding, when my little girl stuck her head out the door, and said the hospital called and wanted to know if I could work. Immediately, my neighbor was lying with his head tilted back on our front steps, telling me about this pain in his right eye that he has suffered from since birth. I hemmed and I hawed, and finally conjectured that it was probably a brain tumor of some sort. Well, he got a second opinion, and it turned out his pain was related to a

dried out contact lens. He doesn't come around much these days, the ingrate. You just can't please some people.

I read somewhere that Americans have a long history of seeking free advice. Even George Washington asked his neighbor, a dental student, about those wooden teeth he'd heard so much about.

I'm sure my problems could be much worse. After all, I'm not a doctor. They must *really* get bugged.

So I've decided to get a better attitude and keep doling out my free advice, at least until something serious comes along. Then, using the professional judgment and experience that comes only with time, I'll send them over to the Chiropractor that lives on the next block. Hey, he figured out why I was seeing everything upside down, so he must be pretty good.



—E-ZNY—

An Axe Job?

by DeLila R. Chrisp

I'm not particularly fond of being "Sarge" but we all take our turns at being in charge.

One of the duties of being head cheese is calling the Docs, when patients have needs.

Our patient down the hall, had gotten a tear and he'd been to O.R. for an ankle repair. The spinal anesthetic had worn off about ten and it wasn't time for the Demerol again.

It was plain to see that our patient was hurtin' as I heard him scream I ripped back the curtain. The grimace on his face and the sweat on his brow clued us right in - he needed pain relief NOW!

I called his physician and said, "Dr. Axe, your patient just can't seem to relax.

The Demerol just doesn't seem to take care of the pain he's having from his ankle repair."

Now I wasn't sure why he slammed down the phone -

Maybe he was having problems at home - or maybe his golf game hadn't gone well.

You know with these Docs, it's just hard to tell.

I wished he'd given me a chance to explain 'cause now my patient was still having pain. It still wasn't time we could give him a shot and now that patient was yellin' a lot!

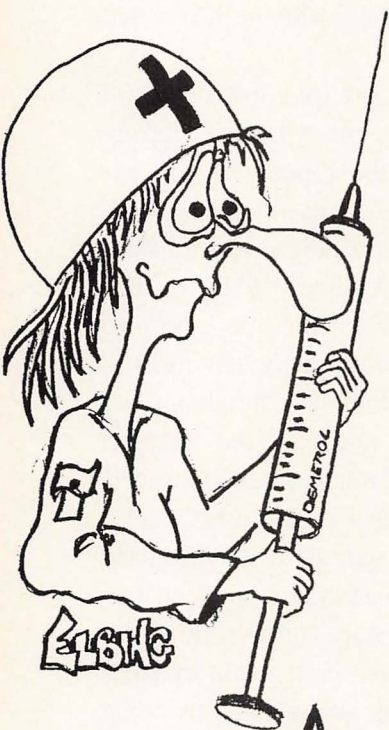
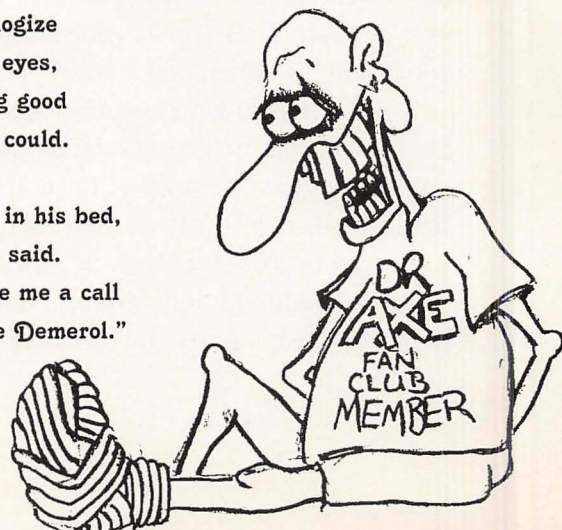
I heard Dr. grumble as he came stormin' through on his way down the hall to room 32.

"Maybe, now those nurses will leave me alone and quit buggin' me and stay off that phone."

Now, I was sure Dr. Axe would apologize as soon as he saw with his own little eyes, that this patient of his was not feeling good and the nurses had done all that they could.

As we entered the room, the man moaned in his bed, but I couldn't believe what Dr. Axe said.

"Those nurses should have thought to give me a call and I would have gladly ordered you more Demerol."



The Phenomenon of Anal Varicosities: Doctoral Studies and Hemorrhoids

Sharon K. Broschious, MSN, RN, CCRN and Laura J. Grieve, MSN, RN, CCRN

Title:

The development of anal varicosities (hemorrhoids) in students in doctoral programs in nursing.

Significance:

This study is significant in that it deals with a phenomenon of penetrating concern to nursing in that it focuses on nursing assessment and interventions that will significantly alter the health state of those involved individuals and allow for positive outcomes.

Theoretical framework:

Orem's Self-Care Theory

Purpose:

The purpose of this study is to describe the development of anal varicosities in students enrolled in doctoral study in nursing related to long periods of pressure against a firm surface (sitting) during the reading and writing of scholarly papers.

Problem:

Lack of documentation about the results of prolonged pressure on the perianal area incurred secondary to scholarly reading and writing.

Question:

Is there a relationship between the length of time spent in scholarly pursuit and the development and enlargement of anal varicosities?

Is there a relationship between size of anal varicosities and GPA?

Design:

This study will be a triangulation study with a combined qualitative and longitudinal quantitative design. It is designed to include multiple ways of knowing this phenomenon of concern.

Method:

Quantitative measurement of actual varicosity

size will be conducted annually over the three to four year time frame while the student is in doctoral study. Aesthetic inquiry will be done through a picture documentary of the anal varicosities. Students will be interviewed about this problem and these interviews will be analyzed using a phenomenological approach to give a more thorough understanding of the essence of this problem.

Instruments:

The Perianal Length Estimate Score (PILES) will be developed to guide the assessment of the varicosities.

Limitations:

Inability to obtain sample. Reticence of sufferers to share from authentic self regarding this phenomenon.

Future research:

The results of this study will be utilized to develop a self-care protocol during the second phase of this study. Also during this second phase, various interventions will be compared, i.e. Preparation H, Tucks, doughnuts and egg crates. These interventions will aid the self-care agent in meeting his/her universal self-care requisites and allow to success in dealing with and alleviate this problem.

Funding:

Funding for this study is anticipated from several industries which provide interventions for this phenomenon of concern.

Sharon K. Broschious, MSN, RN, CCRN is a doctoral student at the University of Alabama School of Nursing at Birmingham. Laura J. Grieve, MSN, RN, CCRN is a Doctoral student at the University of Alabama School of Nursing at Birmingham.



Student Nurse Cut-Ups!

How Wood I Know?

Soon after entering nursing school, I was asked to go to central supply for some 4 x 4s and Kling. I asked the nurse where to find a cart, but she said I wouldn't need one.

After submitting the requisition to the clerk at the window, I was handed some bandages. "I'm supposed to get 4 x 4s too," I said. When she told me I already had them, I felt really silly. All the way to central supply I worried about how I was going to carry those pieces of lumber back to the floor.

Barb Northington

Describe the Mucus

As a nursing instructor, I'm always looking for new learning experiences for my students. One day in our local nursing home, we had the opportunity to do trach care

on a comatose patient. His cough reflex, however, was very responsive, and I knew to stay out of the line of fire. As the mucus spewed out from his trach, only the hardier students survived without gagging. As I left the room, I coolly reminded them to document the color and amount of the mucus which was all over the bed.

A few minutes later a student nurse ran out of the room reporting, "Some large chunk of something just came from Mr. B's trach!" She opened a tissue and I was horrified to see a small bone. Then I looked up to see the group muffling giggles and tears. The bone was part of the pork chops we had at lunch.

Kathleen Jesiolowski, RN, BSN

Varicose Caries

During evening care, a fellow student nurse was preparing a post-surgical patient for sleep. She applied some paste she found in his bedside stand to his toothbrush and brought it to him with a kidney basin and some fresh water for rinsing.

Soon after he started brushing, he let out a loud "Yuk!" I could hear in the next room. The student had mistaken a tube of hemorrhoid cream for toothpaste.

Victoria E. Kimball, LPN

Black Monday

My students were provided a handout listing the bones of the body and were told to highlight the terms in their laboratory manual. The next day, a student came to me saying she had a problem. I glanced at the manual she handed me and instantly diagnosed the problem. The student used a black marker.

Jacqueline S. Dowling, MS, RN

Physical Assessment

One of our toughest professors gave us regular, terrifying pop quizzes. To make it worse, each time he passed one out he would say, with a grin, "Is everyone ready for a little quizzie?"

Then came mid-semester. The dreaded day of the midterm exam arrived. The air was tense as he handed out the exam. One of the students asked, "Are your little testes as hard as your little quizzies?"

Steven Morey

Student Nurse Cut-Ups is a regular feature in the Journal of Nursing Jocular-ity. Send your funniest true student nurse stories (50 to 150 words) to us at JNJ Student Nurse Cut-Ups! Judith Vallery, MSE, RN, 15106 Morning Tree, San Antonio, TX 78232. If we use your story you will get 2 copies of the JNJ with your story, and an exclusive JNJ T-shirt.

Health Care Partners: Sharing the Quarters

by Frances Kiefer, RN, BSN

Health care reform proposals trundle on and are bringing about new dimensions in management. It is increasingly common to see health care practitioners sharing facilities and services, providing care in new management and treatment configurations, and generally scrambling to get the most favorable spin on the manner in which they perceive reform will affect them. Now, just what is this serious stuff doing in *JNJ*? I'm glad you asked. It has everything to do with the cutting edge of nursing humor.

Consider the possibilities. What kind of care can we expect to find as new health care partners team up to serve (or perhaps service the public in a more Svengalian vein) a society whose population is ailing, injured or believing the worst is just around the corner.

As a reader service, I have examined some of this trend toward sharing—in this case, offices. Here are my findings:

SHARING PRACTITIONERS

Proctologist—Orthopedist—Dermatologist
Headache Specialist—Orthopedist—Cardiologist
Male Sex Therapist—Urologist
Obstetrician—Hospice Physician
Pathologist—Humor Therapist
Sleep Therapist—Sex Change Specialist
Geriatrician—Proctologist
Psychiatrist—Cosmetic Surgeon
Veterinarian—Ophthalmologist
Navy Physician—Physiotherapist
Pediatrician—Surgeon
Male Sex Therapist—Ophthalmologist
Burn Specialist—Trauma Surgeon
Urologist—Urologist
Burn Specialist—Urologist
Male Sex Therapist—Humor Therapist
Dermatologist—Veterinarian
Ophthalmologist—Medieval Prison Doctor
Two Ophthalmologists—Sleep Specialist

CARE PROVIDED

Rumplestiltskin Care
Achy-Breaky Heart Care
Poppycock Care
Coming and Going Care
Kill-Joy Care
Asleep At The Switch Care
Old Fart Care
Silly Putty Care
Pig-Sty Care
Ship Shape Care
Short Cut Care
Popeye Care
Krispy-Krunchy Care
Peanut Care
Roasted Peanut Care
Popcorn Care
Hide and Hare Care
I-Raq Care
Winking, Blinking & Nod Care

Can you think of others? Send them into *JNJ*, c/o Frances Kiefer, 3700 Minnesota Ave, Bemidji, MN 56601.

JNJ Grows Up!

A Note from the Publisher



No, it's not what you think. We're not getting old and crotchety and losing our sense of humor. But the business of running a humor magazine for nurses has taken a big step forward. For us anyway.

I started publishing the *Journal of Nursing Jocularity* in 1991. I was still working full time as a nurse, and putting in 50-70 hours a week being the editor, publisher, and everything else needed to get the magazine out the door. I had no employees. I disliked commuting. So I did the obvious. I ran the business out of the spare bedroom of my home. That's all my budget allowed, anyway.

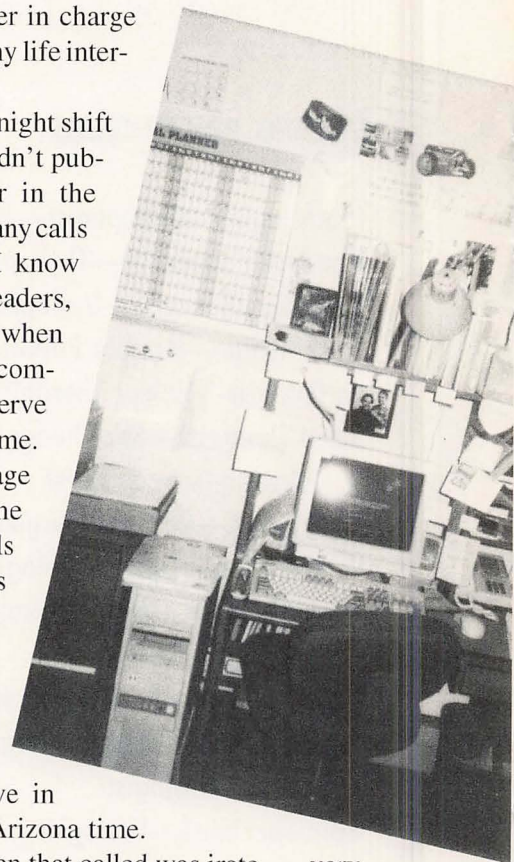
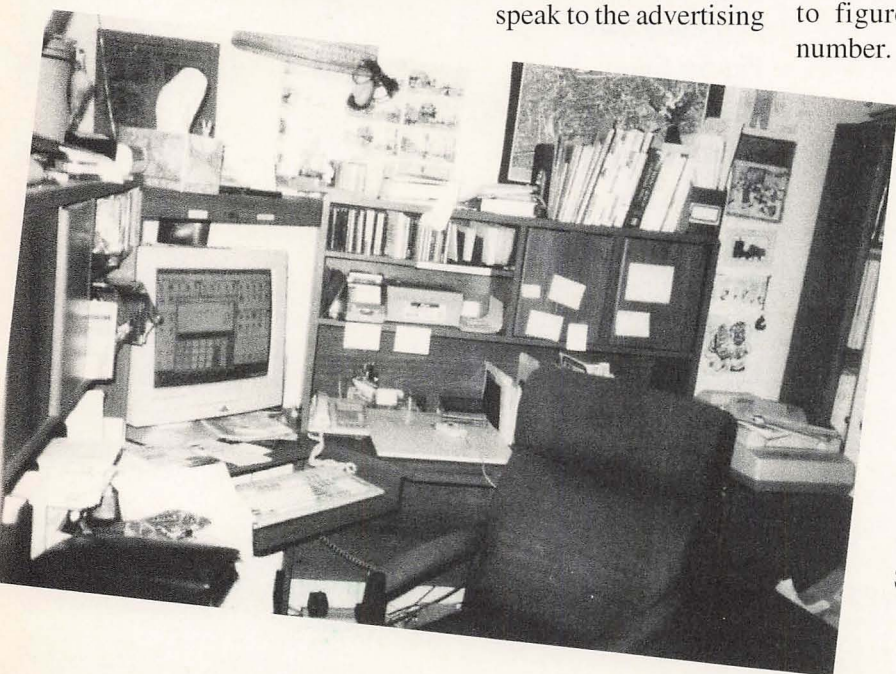
Because the magazine always had a professional look, people assumed that it was some huge business with lots of employees. Someone was always asking to speak to the advertising

executive or the manager in charge of purchasing. It made my life interesting.

My nursing job was night shift on a telemetry unit. I didn't publish my phone number in the magazine, to avoid too many calls while I was sleeping. I know this upset some of our readers, not being able to call when they had a question or comment. But it did help preserve my sanity, a priority for me. A few readers did manage to figure out my phone number. I got a lot of calls

from nurses on the east coast. It seemed that they would always call at four or five in the morning Arizona time.

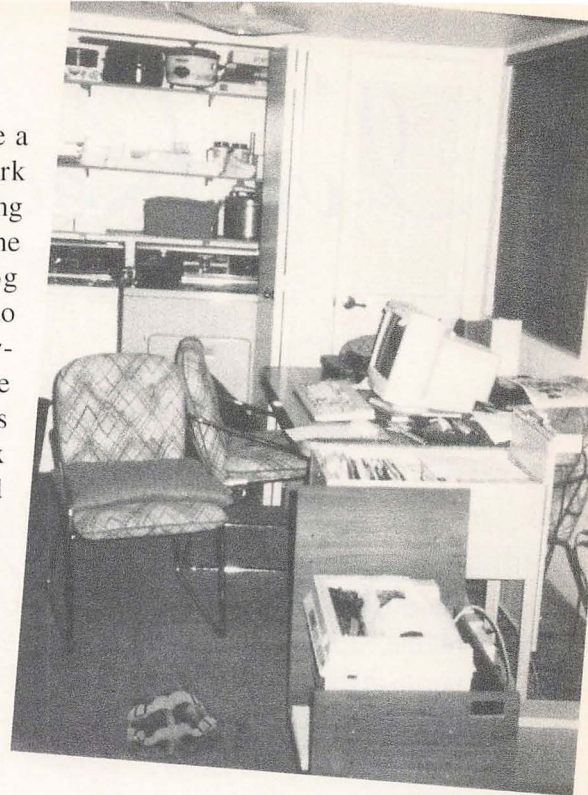
One woman that called was irate . . . very upset that the magazine even existed. She didn't think it was funny at all, and she told me all of that before I even had a chance to introduce myself. After having this nurse scream at me for a minute or so, I told her to "Lighten up." She didn't like that a bit and requested to speak





to my supervisor. "OK" I said with a grin. I paused for a moment, changing my voice a bit and replied "This is Doug, the publisher." She told me that I had a very rude employee. I told her I would have him fired . . . I had to have some fun to keep my sanity through all of those hours of work.

and dryer made a very nice work area for shipping the orders, but the excess catalog stock started to consume my living room. The piles of boxes were five or six feet high, and blocked the TV, so you could only see it from about half of the living room. Heck, I didn't have time to watch TV, anyway.



During our second year of publishing, I hired a part time assistant. By then I was only working part time as a nurse. I moved a second desk into the spare bedroom, and voilà, an office for two. It was a little crowded. We had two

computers, a scanner, two printers, 6 filing cabinets, a book shelf, and a walk in closet with shelves to the ceiling. At any time there were probably a dozen big boxes of magazines sitting in my living room.

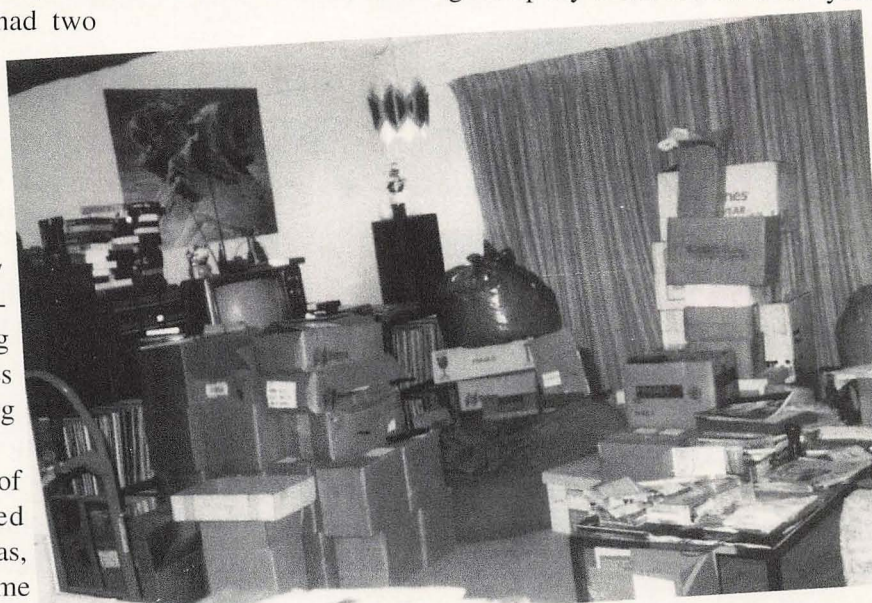
In our third year of publishing, I hired Fran, our editor. It was, and still is, a part time job. She works full time at Phoenix Children's Hospital, and does the magazine editing out of her home. Which is good, since I really didn't have a good place for her computer desk.

In our fourth year of publishing, we got the grand idea of starting the *Jocularity Catalog*. I cleared off my dining room table, set up another computer, put all of the catalog stock in the shelves over my washer and dryer, and hired my retired mom to run the catalog business. The washer

So why am I sharing this with you? Just to give you an idea of how far we've come, and to thank our loyal readers for supporting us through the last five years. I gave up my social life for a few years, but I think it was

worth it. I'm pretty proud that I have given nurses some laughs over the years.

But the big news is, we finally moved into a real office in June of 1995. About 900 square feet of office space. It seems huge in comparison. We are publishing our phone number now, also. If you have a ques-



tion, comment, or complaint, you can call me, Doug Fletcher, Publisher of the *Journal of Nursing Jocularity*, at 602-835-6165. To keep my sanity, I am trying to separate my personal life from my job these days, trying to spend more time at home. But I want you to know that we really do want to hear from you. I'm usually around to take phone calls and if you can't reach me at the office . . . my new home phone number is (continued on page 51)

I've Read About It . . .

by Kathie DeMatteis, RN, MN

In the middle of everything, I was handed a card from a former patient. I was trying to sign off the chart I was holding. Someone was calling me to the phone. Lillie was asking me to check the beeping pump in room 249. I think Jane was the one who gave it to me. All I can remember was the background noise, the hum of the unit, and her voice saying, "Here's a card a patient left."

The card was in my hand as I took the phone call. I held it as I cleared the beeping pump. When I sat down to sign off that chart, I finally took a moment to open it. All nurses have opened such cards. Thoughtful sentiments, thanks for the good care, sweet strokes that nurses need to hear.

This card was different.

It was not a store bought card. It was not even a Hallmark-make-your-own. This one was hand made. On the cover was a scene that I remembered clearly. It was last week. Millie, who had floated to our unit, asked me to start an IV for her. I entered the room, and immediately saw how nervous the patient was. She was a young woman who looked as if she normally stayed as far away from needles as she could. With Millie standing by, I started to work. When the patient asked if I had ever started an IV before, I said, "No, but I think I'll do okay," to lighten things up a bit. It worked.

We all laughed, and I told them the story of my

Student Nurse who was starting an IV for the first time. Her patient asked the same question. "Have you ever done one of these before?" The student honestly answered, "No, but I've read *a lot* about them." Before the patient had processed what she said, the IV was in and running smoothly.

Lucky for me, things went the same way with this patient. We had all had a good laugh and before she knew it, her IV was in. Millie could infuse the IV antibiotic. The patient could relax. I could get back to my own patients.

When I opened that card, the hum of the unit suddenly seemed to dis-

appear. I saw the picture, and without even reading the captions I knew which moment it depicted. I gasped in immediate recognition, read the words, then shrieked in sheer delight. I passed it around to co-workers with tears of laughter in my eyes. As everyone got a chuckle, I got that warm fuzzy feeling that every nurse has felt. Without knowing it, I made this patient's hospital stay more tolerable. She was not only thanking me, but all of us, for the things that we do every day that go unnoticed.

I would have forgotten that moment. I was just starting another IV. Nothing special. Her hand drawn card reminded me of why I put up with nursing on the tough days. The special nothings make it worth while.



Health Care Reform

By Bonnie Gaskins, LPN

Health care reform, like castor oil, is said to be good for us. Its cathartic effects will clean out systems and get rid of waste. Some politicians are preoccupied with our regularity. That is to say, they want to regulate us. Since that would be like the obstructed leading the constipated, the health care industry has mobilized.

We're taking our medicine in the form of managed care and now we've got the trots. In fact, we're facing a full-scale code brown. Providers left standing will be the ones who thought to bring their hip waders. Preparedness is everything in a code situation. Here are some innovative techniques designed to secure a healthy share of any local market:

Streamlining is the 90's phrase for firing everyone who doesn't stand directly in the path between administration and patient. This process saves big in the payroll/benefits department. If the institution doesn't have enough bodies to get rid of, they can put them all in "the stream line."

With a new approach to patient care called *patient focused care*, all employees are cross-trained to meet hands-on needs. If there is a shortage of scrub nurses, housekeeping can fill in. If L&D needs RNs, the messenger can help with deliveries.

Once the streamline is complete, all remaining employees must be certified in cost-containment. In services are conducted by *portion control*, formerly known as Quality Assurance. Staff members are provided

with a formula to compute how many hours of bedside care are required for each patient based on how many staff members are in the building.

This mechanism works best when coupled with extensive patient education. But since that department probably didn't survive streamlining, it's up to bookkeeping to educate the patient as to just how much he is costing the hospital. This information is best presented on video tape so the bookkeeper can get back to the kitchen.

Each patient views the educational video, "Call Bell Costs" upon admission. The staffing formula is explained in layman's terms. And the patient is reassured that she will be told which services are available each day. The video also suggests coping techniques for the patient who exhausts her 2.5 nursing care hours before noon.

Everyone has a role in cost-containment. Doctors can be especially helpful when properly motivated. Drug companies and HMOs have forged this path already. An incentive program rewards portion control and timely discharge. *Name That Disease* is one such program. Doctors who can diagnose in two procedures or less can win a toaster oven.

Timely discharge is important, especially with global reimbursement. This form of payment is a flat fee paid per illness. It is equal to the lowest accepted rate of reimbursement on the face of the earth, hence the term *global*. Therefore it is cru-

cial to start discharge negotiations with the patient upon admission to the hospital.

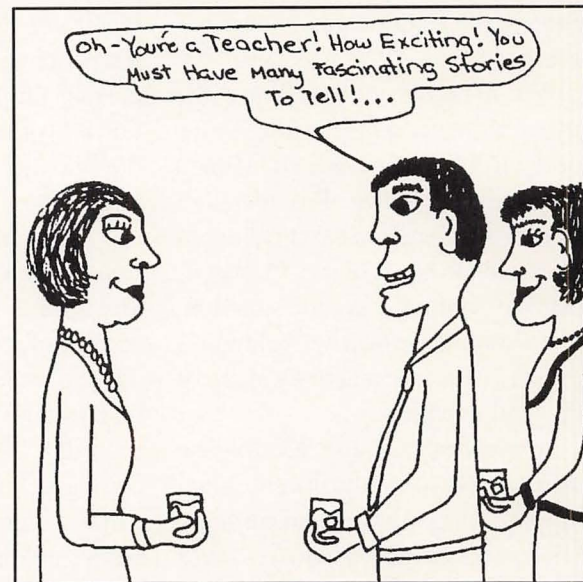
If the patient is not asking to be discharged after viewing the "Call Bell" video, a showing of "Get Out of This Hospital Now" is in order. This clearly outlines steps the patient can take to speed his recovery process. Helpful hints such as "get out of bed" are revealed. Still, there will be those reluctant to leave, commonly referred to as GOMERs.

Discharging the GOMER is a delicate process. When not in the hospital, he may sleep on a park bench and pay for his narcotics. Typically, this is the patient who will develop a pain in the chest, abdomen, left leg, etc. on the day of discharge. Mail-in rebates for three nights' lodging (in the resident's quarters) may be effective, if offered with all the out-of-date narcotics he can take.

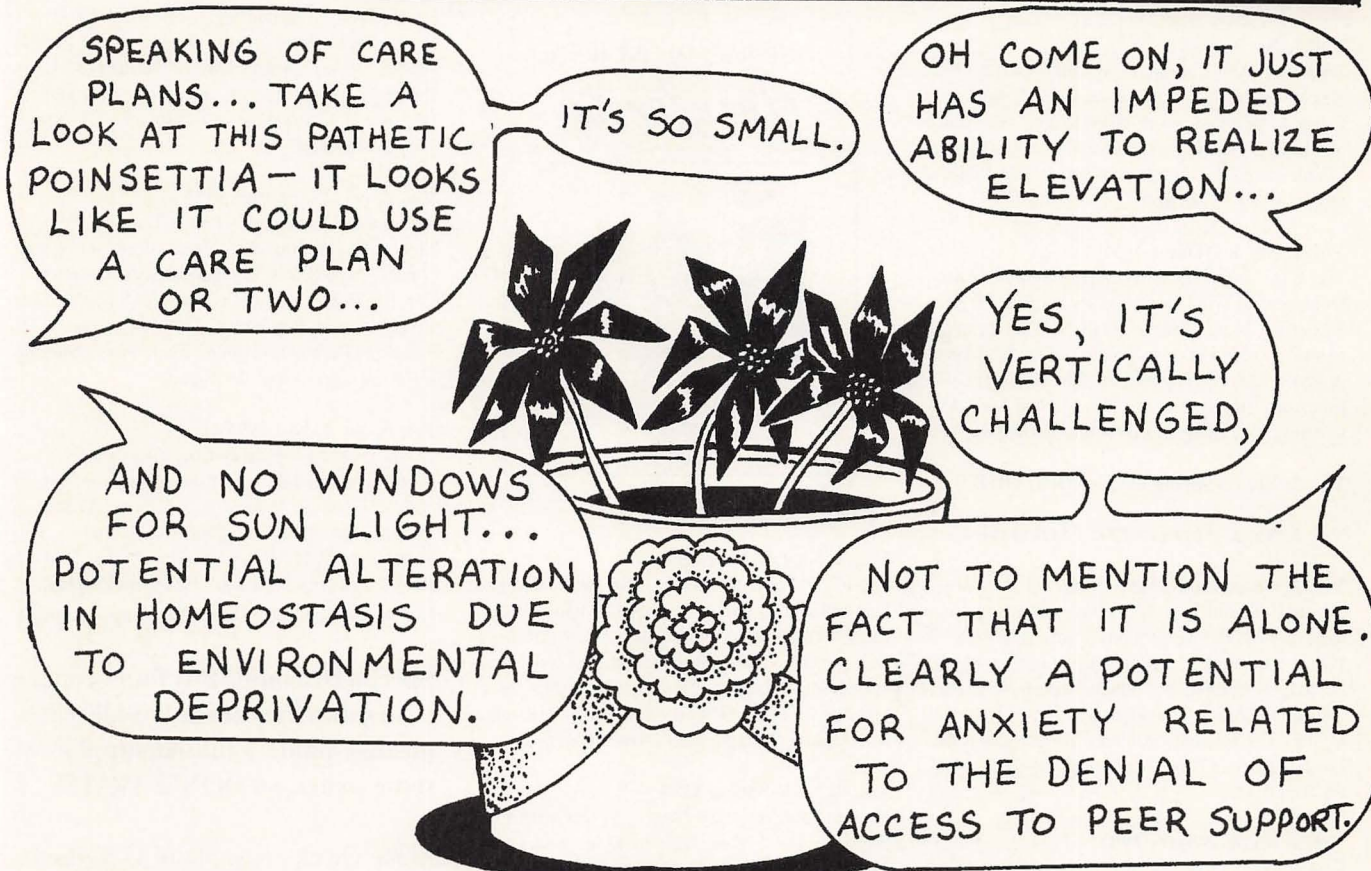
To realize the full savings with any of these programs, a large client base is recommended. Innovative techniques will help increase volume in this area. Drive through windows in the lab for out-patient blood draws for example, is cutting edge technology. People will pay for convenience.

Competing for the insurance dollar isn't all that complicated. Low bid gets the job. Perhaps the industry of government could benefit from this same approach. Each public office could be auctioned off to the lowest bidder. "Jo Shmo here will take office for \$30,000 a year, anyone taking \$25?"





THE ADVENTURES OF
PMS
THE
P.M. SUPERVISOR
BY C.J. MILLER



* HAPPY HOLIDAYS *

Back Issues

Vol. 1, No. 1.-Spring 1991

OB: Progressing from Front to Back · Disease of the Month Club · Sadistics · How to be a Crack ICU Nurse · How to Read Nursing Employment Ads · Space Alien Abduction Disorder · Nurse's Car Shopping Guide · Addendum to DSM III-R · Two page introductory Culture and Sensitivity. 44pp., \$4.50ppd. Soon to be a collectors item!

Vol. 1, No. 2.-Summer 1991

Whinorrhea · Real Reasons Nurses Call in Sick · Toxic Sock Syndrome · En-Clux Test-Bored State of Nursing Review · The Confusion-ometer · The Eastside Communique · Ninja School of Nursing · Communication Skills: Improving Guest/Pest Relations · The Humor Basket · Today's Nursing Fashions. 44pp., \$4.50ppd.

Vol. 1, No. 3. -Fall 1991

Wild Bill · Bob's Discount Hospital · Gauze · That was No Body, That was Grandma · You Know It's Going to be a L-o-o-o-ng Shift When . . . · Notice of Nursing Vacancy · Arrogant Physician Disorder · Fables from the Forties and Fifties- Peg Redecorates · 44pp., \$4.50ppd.

Vol. 1, No. 4. -Winter 1991

The Bag · Intravenous Therapy · School Nurse · Horoscopy: The Horoscope for Nurses · Beeper Toxicity · More How to Read Nursing Employment Ads · My Favorite Holiday · The Adventures of PMS: The PM Supervisor · The Eastside Communique · Review of C. W. Metcalf's works · Creating a Comedy Cart. 44pp., \$4.50ppd.

Vol. 2, No. 1. -Spring 1992 - SOLD OUT

Vol. 2, No. 2. -Summer 1992 - SOLD OUT

Vol. 2, No. 3. -Fall 1992

Cerebral Edema Type II · Today's Nursing Fashions · A Portrait From Johnny Yuma · DSM-IV: A Preview for Nurses · Erik Erickson's Developmental Stages Applied to Nursing Research · Fool's Rules · A Tale of Two Friends: Kidd Knee and Cysto · The Olympic Athletes of Mill Town Memorial · Bedpan Blues · Humor in the Hills, 44pp., \$4.50ppd.

Vol. 2, No. 4. -Winter 1992

Cancer Prevention - A Female Perspective · How to Read Nursing Employment Ads · New Gadgets for the 90's · B.O.N.I. - Burnt Out Nursing Inventory · Care of the Unconscious Patient · Stethoscopes R Us · More Real Reasons Nurses Call in Sick · Forbidden Humor is Not Necessarily Negative Humor, by Dr. Christian Hagaseth III · Send in the Clowns! Part I, 44pp., \$4.50ppd.

Vol. 3, No.1.-Spring 1993

Emergency Department Baseball · Mendy's Laws and Rules of Disorder for Nursing · Insurance Alert · How Humble are You? · Bedside Bird-Watching · Nursing School vs. "Real Life" Nursing · Immediate Nursing Action · Guidelines for ACLS Recertification · Humor, Laughter and Tears, 44pp., \$4.50ppd.

Vol. 3, No.2.-Summer 1993

Which Way to the Hospital? · Silly Superior-ISMS · Why Are Computers Better Than Sick Folks? · Climbing to the Top · Vic · Behind the Scenes at a Long-Term Care Pharmacy · Iso-Suit · Emergency Stat: Nintendo Overdose · Meet Mr. Nightingale · I Love Being a Mommy... · Culture and Sensitivity · Student Nurse Cut-Ups, 44pp., \$4.50ppd.

Vol. 3, No.3.-Fall 1993

The Dogs and Cats of Healthcare · Why? · 12 Step Nursing School · Faculty Beware · So What Really Made You Become a Nurse? · Three Cheers for the Health Care Team · Are You Ready For The 90's · Knight, Knight · Nursing Lingo · Out of My Class · Jest For The Health of It! — Physician, Tickle Thy Comrade, 44pp., \$4.50ppd.

JOURNAL OF NURSING

Jocularity

Volume 1, Number 2 The Humor Magazine for Nurses Summer, 1991



Whinorrhea: New Understanding of an Old Problem Today's Nursing Fashions

Vol. 3, No.4.-Winter 1993

The Ideal World of Nursing · Passages · 'Twas the Day Before Christmas · Nurses of Infamy · Broken Heart Syndrome: A Case Study · Read My Lips · Seasonal Depression Related To Lack Of Christmas Spirit · The Art of Pen(light)manship · Liven Up! Fun for Folks at Work · Jest For The Health of It! · Making Humor Work, 44pp., \$4.50ppd.

Vol. 4, No.1.-Spring 1994

How to Be a Crack ER Nurse · A Specimen From Barney · The Lighter Side of Death and Dying: Listening for Laughter · Flatometer II · The Midnight Ride of Nurse Revere · Thoracic Park · What the Interviewer Really Meant... · The Inevitable Questions · New Nursing Gadgets for the 90's, 48pp., \$4.50ppd.

Vol. 4, No.2.-Summer 1994

Tern Migration · Laws of the O.R. · Crash Course from the Crash Cart · Totally Informed Consent · The Story of Betty the Bully · Your Guide to Choosing a Nursing Education Program · The New Nurses' Guide to ECG Interpretations · Things They Never Taught You in Nursing School · The Stages of Laughter, 48pp., \$4.50ppd.

Vol. 4, No. 3.-Fall 1994

In the Dark in ICU · A Nurse is a Nurse · The Autopsy · Charting Bloopers · Romancing the CVP · ICP Monitoring Home Insertion Kit · Ad-

ministrative Aptitude Test · Nursing Diagnosis Experience · You Know You've Been a Nursing Student Too Long When... · Incident Reports: Psych · Do You Have a Sense of Humor · Rockin' Cancer's Blues Away, 48pp., \$4.50ppd.

Vol. 4, No. 4.-Winter 1994

A Visit From Saint Nicholas · Combating Inspection Anxiety · Rules of ER Etiquette for Patients and Visitors · Nursing Questions That Can't Be Answered · Immediate Nursing Action · Horoscopy: The Horoscope for Nurses · The Nursing Channel · Choosing to be Amusing, 48pp., \$4.50ppd.

Vol. 5, No. 1.-Spring 1995

So You Want to Be A Nurse Executive · Ode to Swan Ganz · Maimography: The Pancake Pose · Seven Theses for Reform · Images of the Perfect Nurse · Mental Health Days · Healthcare Movie Ratings · Code Brown: Are Your Prepared? · Laugh and Learn: Humor in Nursing Education, 48pp., \$4.50ppd.

Vol. 5, No. 2.-Summer 1995

Reclaiming Your Inner Pup · The Sea Witch · Mental Health Nursing · Confessions of a Camp Nurse · You Know the Bureaucracy Has Gotten Too Big When... · Patient Transfer Quiz · Medical Mutants · Environmental Unconsciousness: IV Tubing · Discharge Planning Made Easy · Starting a Humor Cart, 48pp., \$4.50ppd.

Vol. 5, No. 3.-Fall 1995

Out in the Code · Reality Check for Nurses · The New Nurse's Guide to ECG Interpretation · Organ Talk · Hospitals: What's in a Name · IV Starts · Drugseekers: What We Can Teach Them · You Might Be a Goner If... · Grandma Wears Combat Boots · Looking for a Job · Velcro in Psychiatry · How to Irritate a Nurse · Step CPR, 48pp., \$4.50ppd.

Special Discount! Buy four or more issues, and they are only \$4.00 each, postage paid. Limited supplies of some issues, so DON'T WAIT!

Make checks payable in U.S. funds. For Canadian & Foreign Sales, add \$1.00 per magazine for additional postage, maximum \$4.00.

Back issue sales are handled separately from subscription sales. To speed delivery, please send all back issue requests to:

**JNJ Back Issues
P.O. Box 40416
Mesa, AZ 85274**

Punchline Punchline

Puzzler Puzzler



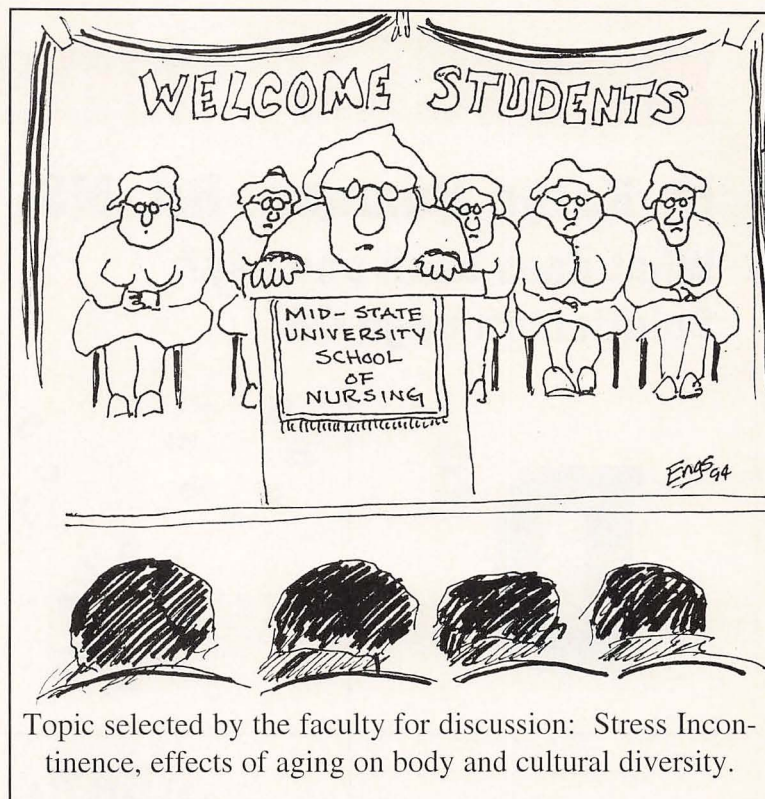
Runner-up captions

Behind me, you can see what a career in nursing has done for our instructors!

Vivian Barricella, BSN, RN, C
Canfield, OH

As we break for lunch, I have only one thing to say, 'Where's the beef?'

Linda Gallegos
Lemont, IL



Topic selected by the faculty for discussion: Stress Incontinence, effects of aging on body and cultural diversity.

Winning caption by
Cathy Thornton
Columbia, MO

This cartoon needs a punchline. The Journal of Nursing Jocularity will award \$25 and a JNJ T-shirt for the best caption. Two runners-up will receive a JNJ T-shirt. **Send entries on a postcard to: JNJ - Punchline, P.O. Box 40416, Mesa, AZ 85274. Entries must be received by December 30, 1995.**

Special thanks to Annette and Diana of the Bobby McGees Judging Committee



MEDICAL MINDBENDERS!

by Karyn Buxman, RN, MS

What does each one say?

Solution on page 42.

D³

**D O R I E N T
D O R I E N T
D O R I E N T**

**T
R
A
I
N
E
D
T
R
A
I
N
E
D**

SCH EDULE

E D U C A T I O N E D U C A T I O N E D U C A T I O N

**P
A
T
I
E
N
T**

Special Thanks to Paula Milner, Lorrie Santollano, Camille Kuplic, Sally Moorehead, Kari Schulz, Gretchen Ebert, Betsy Boepple, Dee Hene, Sunnie Sapersten

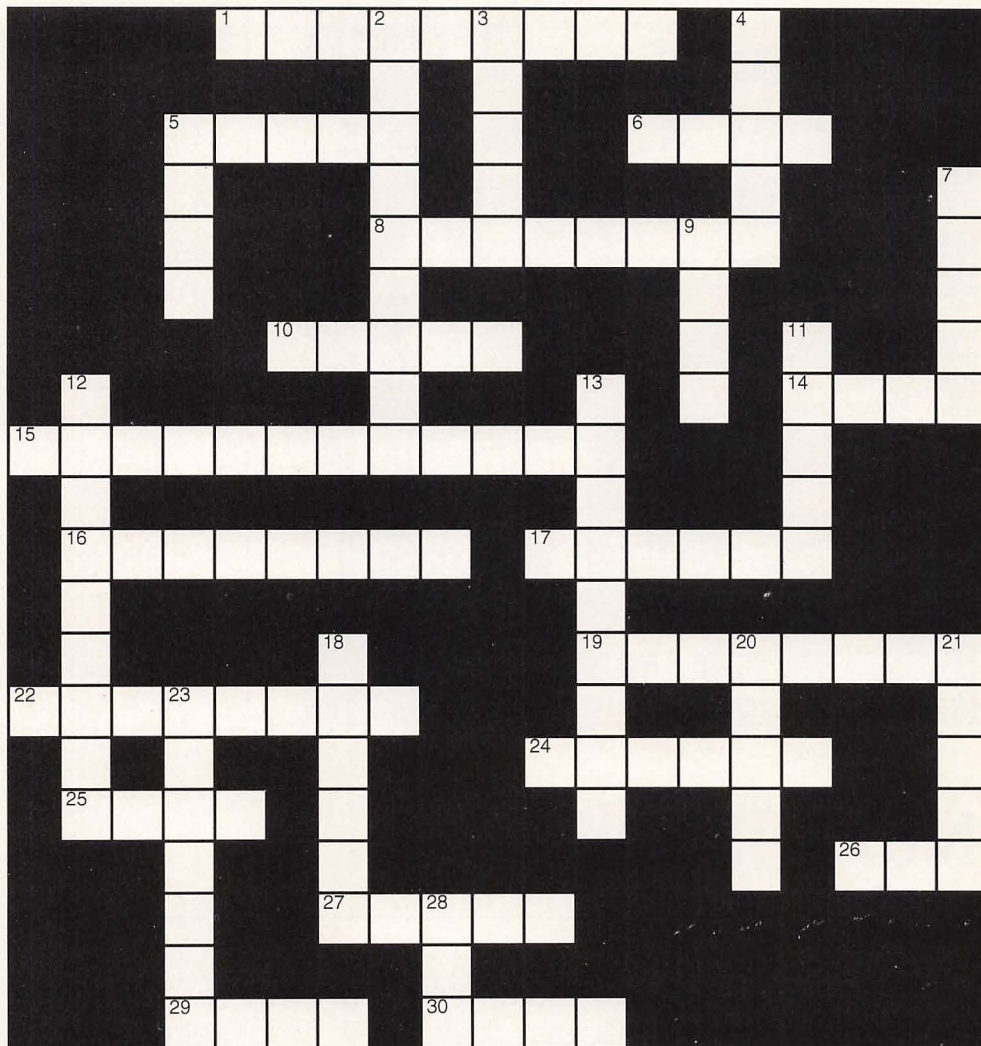
Famous Founders

by Bina Goodman Simon, RN, BSN

Decipher the following to obtain the last names of people who have diseases, tumors, syndromes etc. named for them. E.g., "wond" = Down, for Down's syndrome. The one with an asterisk consists of two names joined by a hyphen. Solution on page 42.

- | | | |
|--------------|----------------|----------------|
| 1. chugs in | 5. Dad is on | 9. Bit Kurt |
| 2. C. Ho, RN | 6. Has a cyst* | 10. Hazier elm |
| 3. Is Pa Ok? | 7. Kind hog | 11. Li, MSW |
| 4. Get Pa! | 8. True tote | |

JNJ CROSSWORD



Night Nurse Puzzle

by Sandie Molloy, RN, MSN

ACROSS

1. feeling after night shift
5. a pipe _____ is going to days
6. patient's _____
8. causes squinting
10. _____ as a church mouse
14. _____ attending
15. insufficient compensation for working nights
16. induces hand cramps
17. where patients never complain
19. sandman pills
22. the witching hour
24. liquid energy
25. nurse's _____ in chart

26. cat _____
27. running on _____
29. new _____
30. live for _____ off

DOWN

2. what we hate to get
3. blood _____ on whites
4. what we hate to do
5. unit _____ medications
7. dog _____
9. _____ work
11. impossible to stay _____
12. _____ rhythms
13. red eyes are _____

18. nurses after 3 months employment are _____
20. surgical prep
21. can never get enough _____
23. what day nurses think night nurses do
28. coffee _____

JOURNAL OF NURSING *Jocularity*



Give yourself permission to laugh about this wild and crazy profession. Give yourself a treat. Don't miss a single issue of the **Journal of Nursing Jocularity**, one of the fastest growing nursing journals around.

"One of the 10 Best Magazines of 1991. A wild sick magazine that deserves immediate attention." *Library Journal*, April 15, 1992.

Subscribe to The **Journal of Nursing Jocularity** today!

Subscription Rates

USA	1 Year	2 Years	Canada , Mexico and Foreign	1 Year	2 Years
	\$14.95	\$25.95		\$18.95	\$29.95

Enclosed is my check or money order (U.S. Funds Only) for \$_____

Name _____ ☐ 1 Year Subscription

Address _____ ☐ 2 Year Subscription

City/State/Zip _____

The Journal of Nursing Jocularity makes a great gift!
Please send a gift subscription to:

Name _____ ☐ 1 Year Subscription

Address _____ ☐ 2 Year Subscription

City/State/Zip _____

Gift from _____

Because the JNJ is mailed in bulk to keep our costs (your subscription price) down, we are unable to start subscriptions with back issues. The JNJ is published quarterly (February, May, August and November) Your first issue may take up to 12 weeks for delivery.

Return to:

JNJ Dept. JNK5

5615 W. Cermak Road

Cicero, IL 60650-2290

Subscribe Today!

Use Coupon or Duplicate



HUMOR

by Karyn Buxman, RN, MS

Does Dinner in a Bucket Count? 90 Laughs for the 90's Woman (paperback, \$4.00, Thomas Nelson Books). Bigger (97 pages) than a greeting card, smaller (4"x4") than a garden-variety book, this hilarious little volume of illustrated one-liners and funny observations is the perfect carryout item for today's over-worked, under-humored woman. I keep a copy of this book in a basket in my bathroom. You can tell when people nose around because giggling can be heard from behind closed doors. Quotes like, "I know it's time to mop the kitchen floor when walking across it hurts my feet," lead me to believe she's been hiding in my house.

"One Size Fits All" And Other Fables (paperback, 208 pages, Thomas Nelson Books, \$10). Every swimsuit season I mentally beat myself up again. How many times have we told ourselves, "if I just lose (fill in the blank) number of pounds, my life is going to be so much better . . ." As a "big beautiful woman in a narrow nervous world," Liz's joy for life inspires all women to discard guilt, shame and a negative body image, and embrace a healthier, more realistic approach to life. Interviews with experts in women's health, fitness, fashion, nutrition and psychology are featured, along with survey results from hundreds of women across America. Packed with humor and honesty, this book offers all women a liberating look at joyful living—no matter what their size. Now, for those of us who barely have time to sit and read, you'll be delighted to know that there's a two-hour audio cassette abridged version available, read by Liz herself (\$10.00).

Only Angels Can Wing It. The Rest of Us Have to Practice (218 pages, paperback, Thomas Nelson Books, \$10.00). The ideal woman was described 2500 years ago in Proverbs 31—and she's been intimidating her sisters ever since. Liz's humorous and practical reexamination of the many qualities of the "virtuous woman" takes the pressure off today's well-meaning but weary (and less-than-angelic) wives and mothers. Through

Wow! Have I got a treat for you this issue. When I contacted my friend, Liz Curtis Higgs, and asked her to send me a sampling of what she'd been up to lately, I was unprepared for her response. She sent me a goodie box filled with tapes, books, mirrors, rulers, notepads . . . I know when you have a chance to sample her message, you'll get as excited as I did.

Liz Curtis Higgs is an amazing woman with an amazing message. She calls herself "an Encourager." She explains that the word *encourager* comes from a French phrase that literally means, "one who fills the heart." Since everyone's heart has a hollow spot somewhere, an encourager has the wonderful job of filling that emptiness by lifting the spirits, lightening the load, sharing joy, inspiring confidence, rekindling hope—all the good stuff! And nothing opens the heart like laughter, so Liz is also a humorist, finding wholesome fun in unexpected places.

Combining original humor and gentle motivation, Liz offers audiences the encouragement each of us needs. Through poignant examples and personal discovery, she takes her listeners on a journey guaranteed to entertain and inspire. The means of conveying her message are many. Let me share some of them with you.

personal examples and testimonies from women around the country, Liz covers everything from fiscal responsibility to maintaining a happy, comfortable home without burning out . . . and shows women we're doing better than we thought. And again, for those of us already winging it at warp speed, there's a two-hour audiotape set read by Liz available for \$14.00.

One Laugh to Live is a 70 minute audio cassette recorded live during an evening of entertaining 300 hysterical women. Liz explores the stress-relieving, health-enhancing power of humor. Why do we laugh? When do we laugh? What do we laugh about? This is one of my favorite cassettes featuring many of Liz's trademark stories. (Have you ever heard the one where she's trying to pull up pantyhose with wet fingernails? A guaranteed side-splitter!) It's a bargain at \$7.00.

Name Above All Names: Imagine an hour of laughter, bible study, personal testimony and a *cappella* praise. An inspiring audiotape studying the Lord and the many names He is given throughout scripture. And of course, it wouldn't be Liz without lots of humorous anecdotes, too (\$8.00).

She Smiles at The Future: What will women need to succeed beyond 2000? Find out what 800 women said— and yes, *laughter* is on the list. So are creativity, flexibility and five more timeless traits. This 55 minute audiocassette of a live presentation explores Proverbs 31. Liz introduces you to a "virtuous woman" whose job description sounds tailor-made for the 90's: mother, wife, counselor, business woman, teacher of wisdom and change agent for her community. Verse by verse, laugh by laugh, Liz offers a fresh, funny look at this timeless role model (\$7.00).

Just Liz is a 52 minute video featuring an evening of fun and feel-good for women of all ages and stages of life. (However, the men in my family found it extremely funny, as well.) Filmed before an audience of 1000 wonderful women, you will enjoy her original humor and heartfelt wisdom "live and in color!" (\$15.00)

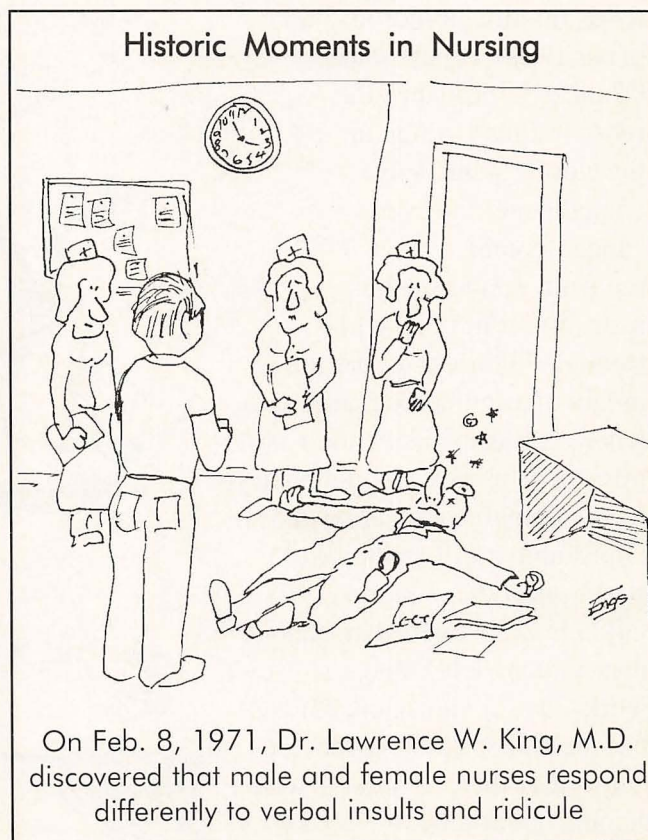
Thankful Thoughts (\$1.00). This little gem has found a home perched on my desk. Liz asks why have "thinner thighs in 30 days," when you can have *Thankful Thoughts* in 30 seconds!? A collection of positive, affirming and true statements about you and your wonderful unique body, you'll find one per day for six weeks of encouragement. Some of my favorites: "Life is too precious to put on hold," "I am grateful for who

I am and where I am, right now" and "I deserve a good laugh today!"

And if all of the above doesn't leave you encouraged, Liz has a variety of goodies that make encouragement fun: The Laughing Heart Band Kazoo (\$1.50), Lulu the Laughing Heart Ruler (\$1.25), "Official Encourager" Heart Clip (\$1.00), Merry Heart Bent-cil (red 7" pencil with two-heart twist— \$1.50), Say Something Nice Angel Notes in a gold-on-white case (\$2.25), Heart Mirror (\$2.00), Smiling Angel Pin, white with gold on purple oval (\$6) and a mini- poster with a quote by Liz, "The head thinks, the hands labor, but it's the heart that laughs." Whew!

There are some funny women in this world, and then there are some *FUNNY WOMEN*. Liz is one of the *FUNNY WOMEN*. Even if you enjoy her half as much as I do, you'll be delighted. To contact Liz Curtis Higgs about any of her products call 1-800-762-6565. You can pay via check or Visa or MC. Or write her at Liz Curtis Higgs, An Encourager, P.O. Box 43577, Louisville, KY 40253-0577. She will be happy to autograph books for you or for others as gifts— just ask!

Enjoy! And Happy Holidays! Until next issue I remain yours in laughter! Karyn



JEST for the HEALTH of IT!

by Patty Wooten, BSN, a.k.a. "Nancy Nurse"

Gilda's Club

Gilda Radner could always make people laugh. As Roseanne Rosannadanna on Saturday Night Live, she would twist and distort reality to reveal the comic potential of current events and issues. Gilda Radner died of ovarian cancer in 1989. Her book, *It's Always Something*, chronicled her struggles, hopes, frustrations and most of all her ability to find the humorous parts of her illness. As she noted, "Cancer is probably the most unfunny thing in the world . . . but, I'm a comedienne, and even cancer couldn't stop me from seeing the humor in what I went through." Gilda had a dream, a dream of a center—a community where cancer patients, their families and their friends could come to receive support, education and an opportunity to share their experience with others. In June 1995, Gilda's Club opened its doors near Greenwich Village in New York City. Joanna Bull, MFCC has helped Gilda's dream become a reality. I talked with Joanna about this.

Patty Wooten: Joanna, tell us about your relationship with Gilda.

Joanna Bull: I was Gilda's therapist at the Wellness Community in Santa Monica, California. For Gilda, humor was as natural as breathing. She was the archetypal clown, always able to find the funny side of any situation. As her

therapist, this was sometimes difficult for me because she would often use it to avoid talking about deeper issues such as pain, loss of libido, altered image and fear of death. But I've learned through my years of working with cancer patients, that they all develop their own styles of coping with illness and I try to accept this.

Gilda used humor to avoid looking directly at the frightening, sometimes overwhelming aspects of her illness.

How did the idea for Gilda's Club come about?

Gilda and her husband Gene Wilder had homes in both Bel Air, California and in Stamford, Connecticut. She was upset that a support community



like the Wellness Community didn't exist on the east coast, and asked Gene and me to promise to create one after she got well. Unfortunately, she didn't get well and after her death, I moved to New York to begin fund raising and networking to make her dream come true. We found a wonderful building, over 12,000 square feet, and were able to purchase this with many gifts, donations. We also received grants from Ortho Biotech Inc., a pharmaceutical company, and the Heidi Paoli Foundation. We completed the renovation with donations of carpeting, electrical supplies, furniture, etcetera from local merchants.

And what will happen here at Gilda's Club?

Our program will target three areas: networking, education and social. Networking groups will provide opportunities for patients to share and receive inspiration from each other. Lectures and workshops will offer information about the treatment and management of cancer or about any topic of interest to the members. Activities such as pot lucks, joke fests and dances will encourage social involvement. Our goal is to provide members and their families comfort, support and skills to live with cancer.

Are you going to be doing any research or measurement of the effectiveness of your program, like symptom management or quality of life improvement?

Well, we really don't want to intrude into people's lives. Perhaps, after they have their initial personal interviews to determine how they want to use the program, we may give them the option to have some personal testing and then repeat these tests after three months, six months and a year.

How does the philosophy of Gilda's Club compare to Gerald Jampolsky's Center for Attitudinal Healing in Tiburon?

My understanding is that Jampolsky's program is based on The Course in Miracles. What we're going to do, without bringing in religion, priests, pastors or rabbis, is give people an opportunity to share how spirituality works for them. For so many people, spirituality is such an important part of how they handle their world, whether ill or well. We'd be putting our heads in the sand if we didn't give people

the opportunity to get together and share their collective wisdom without any judgment or expectations.

Are there plans for Gilda's Clubs beyond the New York location?

Yes, we already have Gilda's Clubs in Detroit, Cleveland and southern Florida. Our New York City location will be the training center for these and other clubs. Therapists, nurses, social workers and others will come to this center to receive the training to establish clubs in their own communities. We also hope to someday establish a "Gilda's Annex" in hospitals, so that even when patients are hospitalized, they can continue to receive the support and nurturing they've found helpful in Gilda's clubs.

Joanna, you've helped make Gilda's dream a reality and I'm sure the service that Gilda's Club provides will help thousands of cancer patients and their families to learn how to live with cancer.

Readings and Resources

Benjamin, H. (1987). *From Victim to Victor*. New York, NY: Dell Pub.

Radner, G. (1989). *It's Always Something*. New York, NY: Simon & Schuster.

Gilda's Club, 195 West Houston Street, New York, NY 10014, 212-647-9700.



Bubbly-graphy

and other humor resources

Bubbly-ography is a free service provided by the JNJ for writers, artists and organizations that help make the world a happier place. If you have suggestions for this column, send them to JNJ Bubbly-ography Dept., P.O. Box 40416, Mesa, AZ 85274.

Humorous Books & Magazines

The Best of Medical Humor, edited by Howard J. Bennett, is a wonderful collection of articles, essays, poetry and letters published in the medical literature. It will help everyone in health care: doctors, nurses, and students to see the value of humor in medical settings. Published by Hanley & Belfus, \$25 (hardback), 240 pages. Call 1-800-962-1892.

The Freedonia Gazette is a 20 page bi-annual magazine published by the Marx Bros. Study Unit, a not-for-profit organization. It contains biographical info and articles on various aspects of the Marxes. Each issue also includes a 2-page column of current news about the influence of the Marxes on the world today. Send \$10 to: The Freedonia Gazette, 335 Fieldstone Dr., New Hope, PA 18938-1012.

Journal of Polymorphous Perversity is a humorous and satirical journal of Psychology & Psychiatry from Wry-Bred Press. Write to: Wry-Bred Press, Inc., P.O. Box 1454, Madison Square Station, New York, NY 10159-1454.

Little Book of Nurses' Rules by Rosalie Hammerschmidt, RN and Clifton K. Meador, MD. This book of 347 rules about our practice styles, our patients, our colleagues and ourselves is hu-

morous, entertaining, and thought-provoking. Would make a great stress reliever for any nursing station, lounge or restroom. For a copy send \$9.95 to: Nurses' Rules, c/o Hanley & Belfus, Inc. 210 South 13th St, Philadelphia, PA 19107.

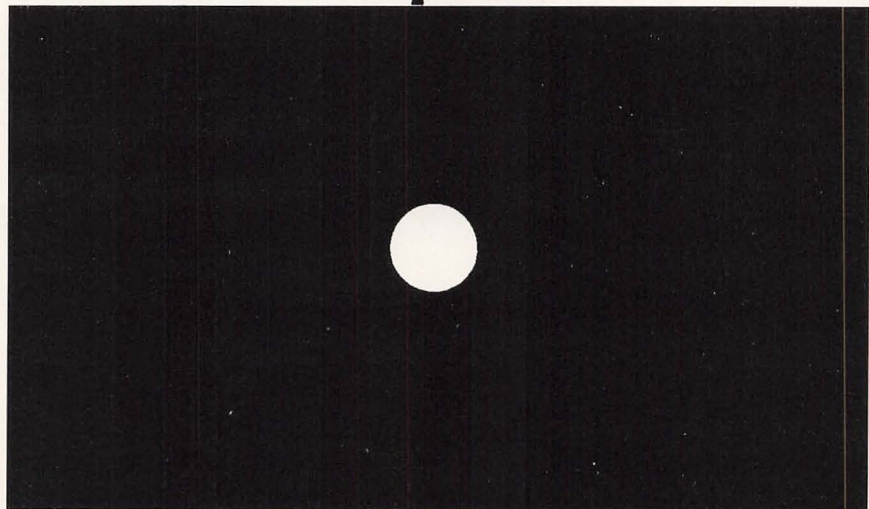
Humor Research Books & Articles

Laugh, Lead and Profit: Building Productive Workplaces with Humor, by Bob Ross, full-time professional humorist and speaker. In this book, he combines his background in management with his sense of humor to provide tried and tested ideas and techniques for getting the most from co-workers and yourself. Special for subscribers: \$8.00 + \$1.50 P & H. Bob Ross & Assoc. 3643 Corral Canyon Rd., Bonita CA 91902.

Making Humor Work by Dr. Terry Paulson is, pound for pound, one of the best practical books on the why and how of using humor on the job. Dr. Paulson has also written *They Shoot Managers, Don't They?*, his cartoon filled book on turning managers into leaders by using timely, targeted humor. Write to Paulson & Associates Inc., 28717 Colina Vista, Agoura Hills, CA 91301.

A Laughing Place: The Art and Psychology of Positive Humor in Love and Adversity, by Christian Hageseth III, MD. This wonderful book will teach you how and why to incorporate humor into your life. He has been a repeat speaker for the JNJ's Humor Skills conferences. Available at your local bookstore, or call 800-356-9315.

From the Patient's Viewpoint



The Night Nurse

MARIZ •

Therapeutic Humor Organizations

American Association for Therapeutic Humor. Membership in this wonderful organization will get you: AATH bi-monthly Newsletter, *Therapeutic Humor*, and much more. For information write to AATH, 222 S. Meramec, St. 303, St. Louis, MO 63105. (314)863-6232.

Therapeutic Humor Newsletters

The Laugh Connection Newsletter promotes humor for a healthier, happier, longer & more productive life. It's full of funny stories, current events with a humorous twist, cartoons, humor resources, and just plain fun. For information write: The Laugh Connection Newsletter, 3643 Corral Canyon Rd., Bonita, CA 91902.

Laughline is a quarterly publication dedicated to maximizing the use of humor—our neglected natural resource. Edited by speaker Ellie Marek. For information contact: Laughline, P.O. Box 32071, Phoenix, AZ 85064.

Gags, Gifts, Toys, & Miscellaneous

Animal Town. This catalog features cooperative and non-competitive games, outdoor playthings and natural recordings, children's tapes, books and puzzles, books on cooperation and family activities, and boardgames about environmental protection. For a catalog write: Animal Town, P.O. Box 485, Healdsburg, CA 95448. 1-800-445-8642.

Funny Side Up catalog. The warning on the cover says "The Sturgen General Has Determined That This Catalog is Hazardous to Your Funny Bone." Full of all sorts of fun gags, gifts, t-shirts and toys. For information write: Funny Side Up, 425 Stump Rd., North Wales, PA 19454.

Audio & Video Tapes,

How to Create a Comedy Cart, a video about how to create and facilitate the use of a humor cart for hospitals. For info write or call: Morton Plant Health Ventures, 430 Park Place Blvd, Suite 100, Clearwater, FL 34619-3926, 813-797-6444.

Humor & Healing Audiotape by Dr. Ann Weeks, DNS is recorded live and is filled with her stories about using humor to deal with life's passages. She tells her famous story of how she dealt with a salesman trying to reach her dead husband. Cost \$8.00 + \$4.00 S&H, KY residents add 6% sales tax. Make check or money order payable to Passages Publish-

ing, PO Box 5093, Louisville, KY 40205, 502-458-2461.

Nurses March on Washington was the largest gathering in history of American Nurses..35,000 strong! They were fighting for their patients and for their jobs. Their message: When you lay off nurses...more patients die! To experience this historic day on videotape, send \$19.95 + \$3 shipping to Caring Productions, 5631 Potomac Ave, NW, Washington, DC 20016.

When you write to these organizations, don't forget to mention the Journal of Nursing Jocularity.

Start preparing for Nurses' Week Now!

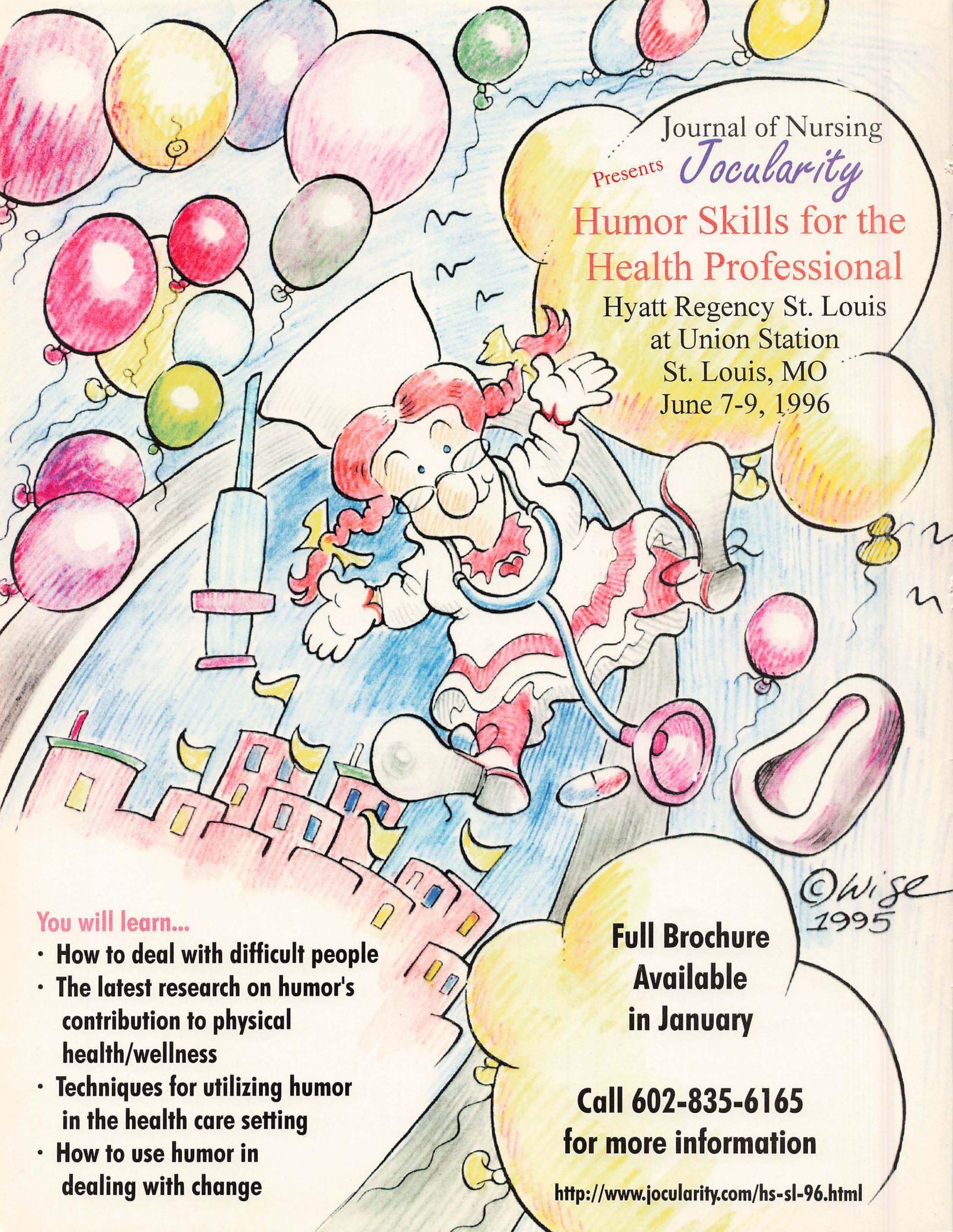
Would you like to treat the nurses in your hospital or organization to a professional speaker presenting on humor and how it relates to their jobs? The Journal of Nursing Jocularity Speakers Bureau can help locate a speaker within most budgets. Many of our speakers are nurses, doctors, and other health professionals.

Some things to know before you call:

- What topic would you like?
- When do you need a speaker?
- How long does the presentation need to be?
- What is your budget?

Call the Journal of Nursing Jocularity Speakers Bureau at 602-835-6165 between 9:00am and 3:00pm mountain standard time. This is a FREE referral service.

Speakers are often booked months in advance for Nurses' Week, so start planning now.



Journal of Nursing
Presents Jocularity

Humor Skills for the Health Professional

Hyatt Regency St. Louis
at Union Station
St. Louis, MO
June 7-9, 1996

You will learn...

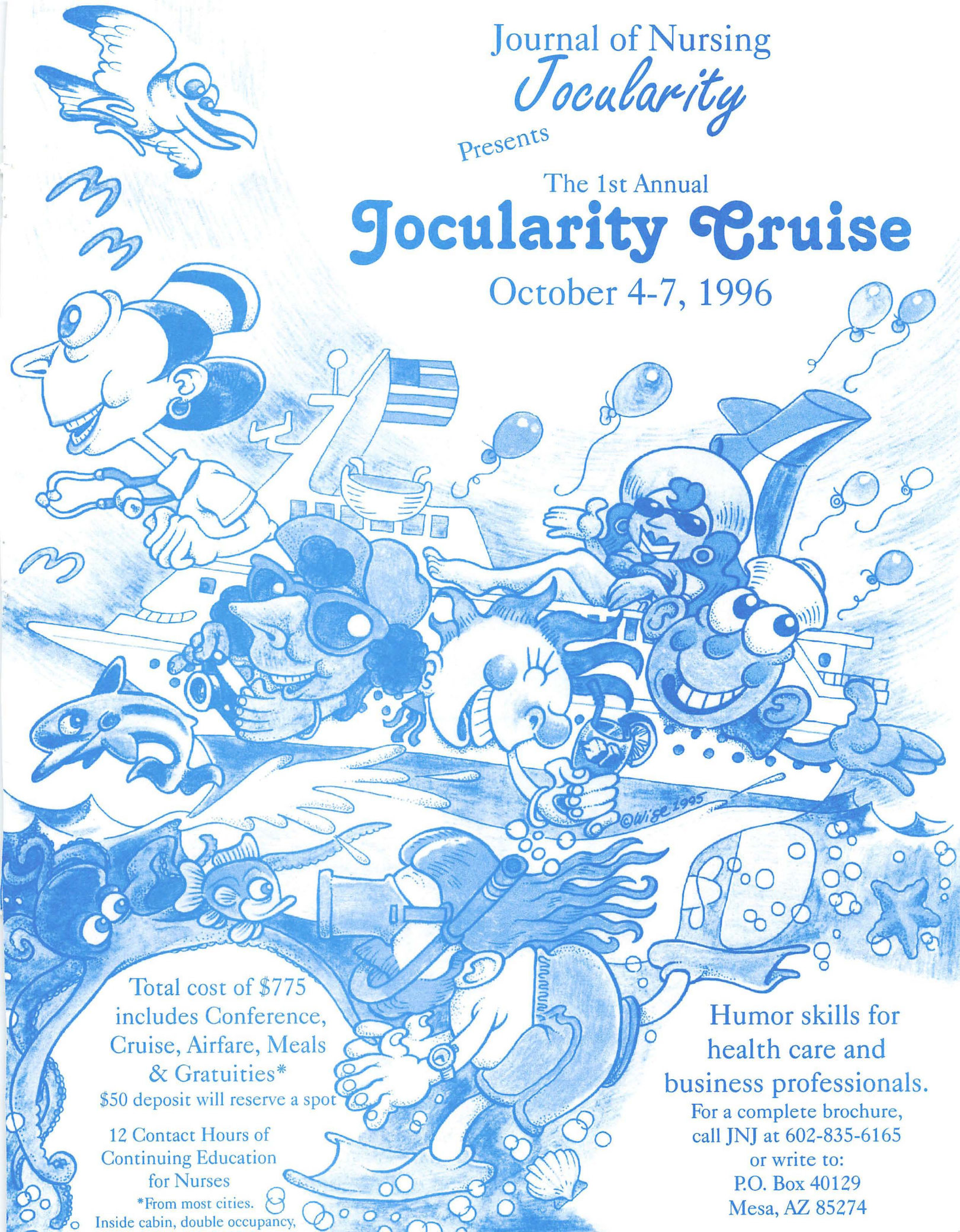
- How to deal with difficult people
- The latest research on humor's contribution to physical health/wellness
- Techniques for utilizing humor in the health care setting
- How to use humor in dealing with change

**Full Brochure
Available
in January**

**Call 602-835-6165
for more information**

<http://www.jocularity.com/hs-sl-96.html>

*©Wise
1995*



Journal of Nursing
Jocularity
Presents

The 1st Annual
Jocularity Cruise

October 4-7, 1996

Total cost of \$775
includes Conference,
Cruise, Airfare, Meals
& Gratuities*

\$50 deposit will reserve a spot

12 Contact Hours of
Continuing Education
for Nurses

*From most cities.

Inside cabin, double occupancy,

**Humor skills for
health care and
business professionals.**

For a complete brochure,
call JNJ at 602-835-6165

or write to:

P.O. Box 40129
Mesa, AZ 85274

EVERYONE WANTS FUN STUFF FOR HOLIDAY GIFTS!

And we have fun stuff for all of the nurses on your list.

Item #1 on your list

WHINORRHEA

AND OTHER NURSING DIAGNOSES

The Blue and White Years of the Journal of Nursing Jocularity



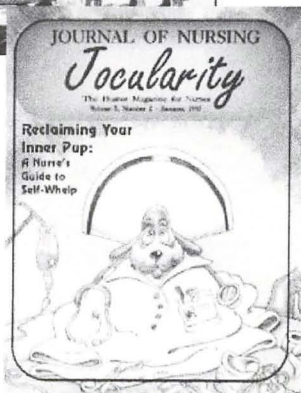
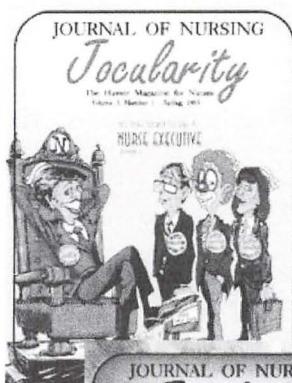
Whinorrhea and other Nursing Diagnoses is the perfect gift for any nurse on your list. Over 200 pages of hilarious stories and cartoons from the Journal of Nursing Jocularity's first three years. At \$18.95, it's a great bargain, and if you buy two or more, it's only \$15.95 a copy. See details for this and other gift giving ideas in the Jocularity Catalog in the center of this magazine.

Includes Classic Stories Such As:

- Ninja School of Nursing
- En-Clux Test - Bored State of Nursing Review
- Nursing School Vs. "Real Life" Nursing
- COLORectal Chips
- Whinorrhea: New Understanding of an Old Problem
- Toxic Sock Syndrome
- How to be a Crack ICU Nurse
- Cerebral Edema Type II
- Arrogant Physician Disorder
- Emergency Department Baseball
- Nurses of Infamy
- Disease of the Month Club
- How to Read Nursing Employment Ads
- The Ideal World of Nursing

Item #2 on your list

THE GIFT THAT KEEPS GIVING ALL YEAR LONG!



A gift subscription to the Journal of Nursing Jocularity will delight any nurse. For only \$14.95 they get a one year subscription to the only humor magazine for nurses. Always full of humor, satire and funny cartoons. Just copy or tear out the gift order form on page 43 of this issue to get JNJ started for a friend. We'll also send an announcement card letting them know who sent the gift of humor.

